

ISSUE

32

OCTOBER-NOVEMBER 2010

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NEW ZEALAND MADE

# dish

RECIPES THIS ISSUE:

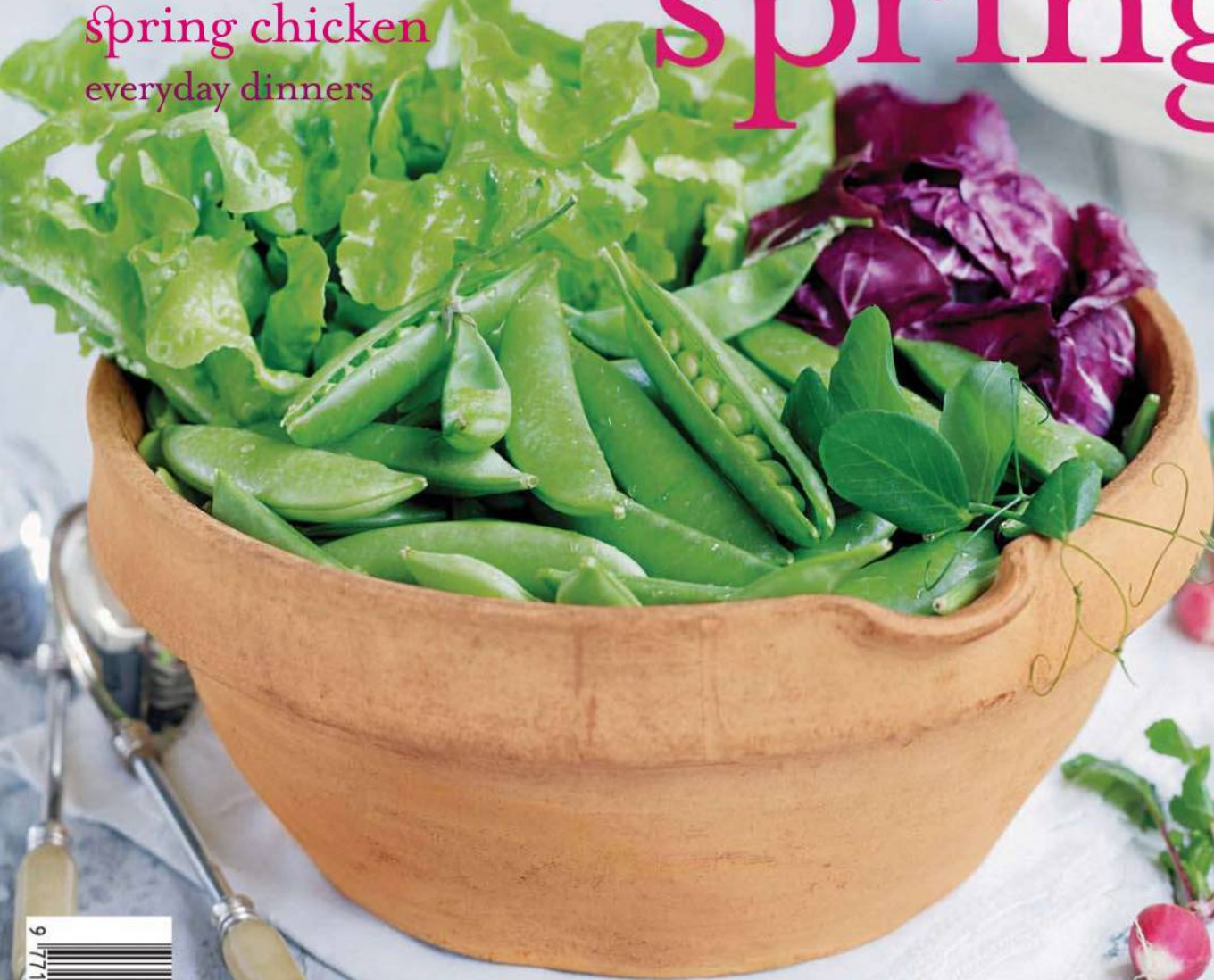
new season vegetables

weekend lunch with friends

spring chicken

everyday dinners

## hello spring



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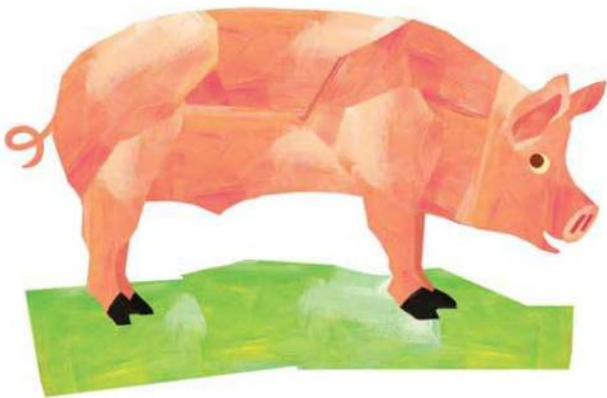
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Photo by Tony Brownjohn



# from the editor

**It's hard not to** get excited about spring when it pops its little green head up with promises of warmer weather, crisp new produce and the knowledge winter has passed again.

It's a time to throw open the doors (with a wary eye on the sky for those pesky showers), perhaps reassess the vegetable patch if you faltered over winter, and for the truly adventurous, reorganize the pantry. (Three bottles of fish sauce? Really?)

Then, plan for spring eating: abandon the cabbage, silverbeet and swedes, and instead make room for broad beans, crisp baby radishes and as much asparagus as you can handle.

We are celebrating the best of the new season's flavours this issue with recipes for spring vegetables, delicious ways with chicken, a Sunday lunch in the sunshine, and ideas for wrapped food; everything from lotus leaves to strudels.

It isn't spring without herbs, and Sarah La Touche rounds up the culinary varieties, with a guide to the best herbs to have on hand in the kitchen.

We also get a special insight into Peter Gordon's recent trip to Tonga to visit the home of Heilala Vanilla, where he and US pastry chef Natasha MacAller whipped up all manner of gourmet delights with the local produce including, of course, the vanilla.

Plus, we meet two Christchurch women who have built a business out of making the most delicately sweet and beautiful macaroons.

I pulled on my gumboots and went to visit a Dutch couple farming chickens in Clevedon, south of Auckland. The story behind their desire to raise top quality, free-range certified organic birds is a fascinating one, and their hard work is paying off with a growing customer base – some top restaurants among them.

And our green-fingered columnist and chef, Jonny Schwass, tiptoes through his garden and has delicious ideas for the early spring produce.

Happy cooking!

*Victoria*

Victoria Wells – Editor  
victoria@dish.co.nz

## Don't miss...



### Recipe Index

If you missed out on getting a copy with the last issue of Dish, you can still download a free copy online. Visit [zinio.com](http://zinio.com) and search for 'Dish recipe index'.



### e-newsletter

The latest news and giveaways from Dish! Sign up to our monthly e-newsletter at [dish.co.nz](http://dish.co.nz)



### Facebook

Yes, we've finally joined the social media world. Become a fan of Dish magazine on facebook and get the latest on what the Dish team is up to, behind the scenes photos and more.



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# letters

Give us your views – we look forward to hearing from you...



> Pork Scaloppine, Dish 30

Not content with winning eight consecutive Bledisloe Cup matches, New Zealand and its food magazines – Dish in particular – are eclipsing once great Australian foodie publications. Dish is fresh, lively and innovative and with its unusual size and eye-catching covers, it leaps out of Aussie newsstands. The August/September issue is a case in point with a cover that transmitted the warmth and comfort of a rustic, seasonal soup. Just the thing to keep at bay the bitter winds of a late Sydney winter. The sealed meat lovers' section was a cracker, from start to finish. I particularly enjoyed reading Jonny Schwass, who proved a tough yet persuasive and compassionate advocate for the ethical treatment of farm animals. The story on Ooooby was simply charming for an ardent backyard vege gardener like me. Elsewhere, the recipes were inviting and accessible for home cooks of any level. Well done Dish. Becoming a regular reader is one instance where I am going to have to suspend trans-Tasman rivalry and just go with a superior Kiwi performance.

Kris Neill, Sydney

One of my small thrills is presenting memorable meals to family and friends. Whenever Dish arrives in the mail, I relish that first spare moment to pore over the pages looking for impressive dishes I could attempt to 'wow' dinner guests with. I LOVE the gourmet results of your recipes. Most ingredients called for are usually quite simple,

and the cooking steps straightforward. But every recipe I have recreated from Dish has been a gastronomic delight! The meals not only look fantastic – giving the impression I am somewhat of an undiscovered kitchen goddess – your recipes have delighted us all with a range of unusual tastes and flavours we wouldn't otherwise have been brave enough to try. I am also gaining culinary skills along the way! From the last edition, I discovered two very economical cuts of meat I've never cooked before. Roasted pork hocks and rolled lamb flap were both divine. What a fantastic magazine! I'm already looking forward to my next copy.

Holly Reid, Auckland

I first purchased Dish magazine at Issue 5 and have every issue since. My collection dominates our bookshelf with a bright glow. The glow being all the coloured tags marking the pages of my favourite recipes. Now I don't need to worry about the tags anymore, thanks to your recipe index. Whenever I needed inspiration or to remake a previous favourite I would spend so much time poring over the magazines trying to find that special dish. And because your magazine is so great I would become sidetracked rereading old articles or discovering something new that I had missed before. Thanks so much for publishing the index. Now I just need to scour the second hand bookshops for Issues 1 to 4.

Vicki Forbes, Lyttelton

Forty years ago I used to eagerly await our 'Galloping Gourmet', Graham Kerr's TV programme and try to visualise his dishes through a black and white screen. When holidays approach I become a 'galloping gourmet' and it becomes a priority to decide which issue of Dish I shall take with me. The new Recipe Index is going to be a boon. During this year Dish 18 has travelled to Hamilton because my 88-year-old aunt loves comfort foods such as casseroles and old-fashioned puddings. Dish 29 headed to the Mackenzie Country in our camper van. In the evenings hungry trout fishermen would enjoy good wine and swap yarns while dining on Pork Scaloppine or Chicken Cacciatore. Dish 30 flew to Rarotonga for the July school holidays where I sourced fresh mahimahi for the Kokoda. No doubt a Dish issue will be on the road in September and Dish 21 and 27 will go to Hamilton for party and Christmas fare. From now on, though, I don't have to pore through all my handwritten notes before choosing which issues will be my travelling companions. Congratulations Dish, the Recipe Index is a winner!

Heather McKendry, Golden Bay

*Congratulations to Heather, the winning letter this issue. She has won the beautiful Staub cast iron "La Cocotte" casserole dish.*

My wife is a wonderful cook and I love devouring the results. She is a regular subscriber to Dish and we recently gave a year subscription as a birthday present to our daughter's partner, who is a chef in Wellington. He absolutely loves the magazine. I am not a cook but enjoy browsing through Dish. Your latest edition was a cracker and I particularly liked the insert for meat lovers. I have killed and dressed mutton and lamb all my life (and sometimes pigs earlier on as a young farmer) and now in recent years as a businessman who procures a sheep from time to time from the local selling yard here in Hastings. I take the sheep back home and do what I have to do, hanging it from a tree in our backyard. This is the worst part and doesn't get any easier. After letting the



meat set overnight I cut it down and dress it in the method I learnt many years ago. The comprehensive description of diagrams and photos and information in the insert of Dish were brilliant and sparked a renewed appreciation of the art of preparing a carcass for consumption, plus a host of new ideas and angles. I am sure you have opened up another tier of readership by including this meat lovers' section in what was already another classic edition of Dish.

*David Mackintosh, Hastings*

**Your latest magazine arrived** last Thursday on what was the third perfect sunny winter's day in a row. A friend stopping by for coffee ignored the magazine placed on the coffee table still in its wrap. Once seated I ripped it open and began to read some of the articles and recipes out, which after a couple of minutes drew a "I wish I had started reading that magazine now!" response from my friend. We proceeded to laugh about our age and how food geeky we had become. Your magazine provided a great conversation

piece and we enjoyed discussing some of the features and articles. A perfect winter's catch up with a friend.

*Chris Francis, Auckland*

**In my book, Dish** is tops for its fantastic articles on local foods and locally produced products. As a relatively new Kiwi citizen (expat from Southern California), I can tell you that tasting so many luscious goodies from around the country is one of the premier joys of living here. Never before have I seen such gorgeous produce or such a gourmet buffet of delectable delights from one relatively small country. Dish gets you excited about trying all sorts of wonderful culinary experiences. I commend the people of New Zealand for their enthusiasm toward gastronomic excellence and especially Dish magazine for spreading the word in a beautifully produced magazine. Each issue is a treasure and the new index to recipes was a surprise bonus that will be used extensively. Thank you for producing such a great magazine!

*Denise Forbes, Napier*



### WRITE TO US AND WIN!

The winning letter next issue will receive a set of Venus Mechanical scales from Accura. The scales are 5kg capacity and come with a 2 litre bowl.

Write to us at: Dish, PO Box 78070, Grey Lynn, Auckland 1245.

Or email [info@dish.co.nz](mailto:info@dish.co.nz)

Letters may be abridged for publication. Don't forget to include a postal address.

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# side dishes

What's new, news and necessary for your kitchen...



## Delightful Dollop

Indulge in these delectable puddings from Dollop, made with no artificial ingredients or preservatives. Choose from Chocolate Molten Torte, Sticky Date Pudding with Butterscotch Toffee, and Zesty Lemon Tart. Then top them off with a bottle of Vanilla Bean Custard. Bliss. There are more summer products in the pipeline too. For stockists visit online at [dolloppuddings.co.nz](http://dolloppuddings.co.nz)



## Nosh for the Waikato

The Nosh Food Market chain is expanding with a Hamilton store to open in March next year. The new Nosh will be modelled on the company's flagship Dominion Road market in Auckland's Mt Eden, with fresh produce, butchery, bakery and delicatessen. It will be on the corner of Mill and Ulster Streets and will open seven days.

## Sorbets for spring

Gourmet ice cream company Kohu Road is rolling out a new range of sorbets made with natural spring water and Fair Trade organic cane sugar. In Chocolate, Mango, Strawberry, and Passionfruit, the sorbets are delightfully creamy and full of flavour, yet each one is zero fat, low sugar and contains no dairy, additives or gluten. Look out for the new blue packaging at specialty and health food stores and leading supermarkets in New Zealand and Australia. RRP NZ\$18.90 for 1 litre tub. For stockists or ice creamery opening hours for tours and tastings visit online at [kohuroad.co.nz](http://kohuroad.co.nz)

## Pantry staples

For a zesty lime addition to barbecued chicken or a spring salad, try the new Lime Mayonnaise from Zarbo. And if you're organised enough to be planning for Christmas, then their new Cranberry Sauce will be the perfect partner for your turkey. Phone Zarbo on 09 520 2721 or order online at [zarbo.co.nz](http://zarbo.co.nz)







## Now for nectar

New Zealand's largest and original certified organic winery, Millton, is branching out with a certified organic grape juice. Dubbed 'Amrita', which is a reference to nectar of the gods, the biodynamic juice is made from grapes that are handpicked, pressed gently and made into juice just one day a year. RRP\$14.90 For stockists visit online at [millton.co.nz](http://millton.co.nz)



## Book for Melbourne Masterclass!

Mark your diaries – tickets for the next Langham Melbourne Masterclass go on sale October 4 and are guaranteed to sell fast with confirmed presenters Nigella Lawson and Elena Arzak in the line-up. The Masterclasses run March 12-13 as part of the Melbourne Food and Wine Festival, which kicks off on March 4. For more information visit online at [melbournefoodandwine.com.au](http://melbournefoodandwine.com.au)

## Kumara – but not as you know it

A Kiwi company is taking the Japanese on at their own game and if early response to Mana Shochu is anything to go by, the Japanese have reason to be worried. Shochu is a traditional Japanese drink, usually made with sweet potato, rice or barley, and regarded as an esteemed gift in Japanese society. Auckland couple Cath and Brian Carran are making their version with Owairaka Red kumara grown in Northland and then single distilled in the Bay of Plenty. With eight years spent on research and product trials, the first Mana Shochu is now rolling out at retail and has already been snapped up by Japanese restaurants here. The couple has had keen interest from the Japanese market too. Available in 25% or 42% alc/vol, Mana Shochu has a pleasant, earthy aroma and a clean, full flavour. It can be drunk on its own, with a little hot water, or mixed into cocktails. There is also a 25% Lemon Flavoured Shochu. For stockist details visit online at [manashuzou.co.nz](http://manashuzou.co.nz)



## Stephanie Alexander's New Zealand visit

Australian chef Stephanie Alexander is the special guest at two fundraising events for the Garden to Table Trust on Thursday October 28th. The Trust runs a programme for New Zealand primary schools, teaching 7-10 year olds to grow, harvest, prepare and share good food as part of their curricula learning. All monies raised at the two events will support the existing pilot schools and go towards funding new schools into the programme.

The first event is lunch with Stephanie Alexander at The Langham Auckland to celebrate her newest book, the *Kitchen Garden Companion*. Tickets are \$85, which includes a \$25 donation to Garden to Table. Buy a copy of the *Kitchen Garden Companion* when you book and pay just \$130 for your copy (RRP is \$140). All proceeds of book sales go to the Trust. To book for the lunch email [info@gardentotable.org.nz](mailto:info@gardentotable.org.nz)

In the evening the Trust will hold its inaugural Gala Event and Auction at St Matthews in the City. Guests will enjoy six dishes matched with fine wines prepared by award winning chefs Philip Johnson, Jonny Schwass, Martin Bosley, Kate Fay and Andreas Lindberg. They'll be joined for the sixth dish by the talented Sugar & Spice girls, a group of 9-12 year olds who cook to raise money for charity. Tickets are \$200. For details contact Ali Nelson or Debbie Roberts on [ali.nelson@xtra.co.nz](mailto:ali.nelson@xtra.co.nz) or [johnanddebb@xtra.co.nz](mailto:johnanddebb@xtra.co.nz)





## Tauranga hears call of the wild

Imaginative use of wild ingredients and a fine beer match gave Tauranga eatery The Porch the winning edge in the 13th annual Monteith's Beer & Wild Food Challenge. Seven diverse restaurants competed in the grand final cook-off, including Auckland restaurant Vinnies and Christchurch newcomer The Bangalore Polo Club. The finalists were whittled down from around 100 restaurants nationwide who took up the challenge to create a main using wild food ingredients sourced from within a 100km radius of their restaurant, and to pair the dish with a Monteith's beer.

The winning dish by chef Brad King (pictured) was entitled 'Boarack Meets Underbelly' – a wild boar rack and slow roasted boar belly on a roast pumpkin, leek and prosciutto ragu, tomato and basil sugo with a tamarillo and piko piko chutney, finished with a watercress, pear, walnut and fennel salad. The dish was matched with Monteith's Pilsner. For more visit online at [monteiths.co.nz](http://monteiths.co.nz)



## Chill out with the Cone Kings

The man behind Auckland cupcake empire Icing on the Cake, Mathew Metcalfe, is adding to his offerings with a new frozen yogurt. Cone Kings Frozen Yogurt is made from Caspian Sea Yogurt, which gives a deliciously silky smooth taste and structure. The yogurt is 98 per cent fat-free and comes in five flavours: Apricot & Mango, Pineapple & Coconut, Wild Berries, Peach & Passionfruit, and Plain Caspian Sea Yogurt. Available in 1 litre (RRP\$15.95) and 200ml (RRP\$4.75) tubs from Icing On The Cake at 188 Jervois Road, Herne Bay or visit online at [conekings.com](http://conekings.com)



## Foodbox calling

No matter how good your intentions, sometimes getting to the market or greengrocer simply doesn't happen. Foodbox to the rescue – a company set up by Jenny O'Donnell and partner Peter Smith, who used a similar service in England and saw a gap here. Customers choose from boxes designed for singles, couples or families, and whether they want fruit, vegetables or both. Jenny and Peter visit the markets daily to get the best of what's fresh and seasonal and deliver across Auckland. Their website is updated weekly with what the boxes will contain. It's a great way of branching out from your usual ingredients. Each box also has a handy recipe suggestion for one of the ingredients inside. Prices start from \$32 and delivery is free. Visit online at [foodbox.co.nz](http://foodbox.co.nz) or phone 09 265 1054.

## Sausage & Associates



New on the block is small batch sausage producers, Sausage and Associates. Formed by chef Tim Stewart and colleague and O'Connell Street Bistro Executive Chef Stephen Ward, the pair use premium meat, herbs and spices to create their sausage range. The three flavours are Pork, Fennel and Chilli; Chicken, Rocket and Sage; and Lamb, Harissa and Coriander. Available from Sabato in Auckland and Vetro in Hamilton. For details visit online at [sausageandassociates.co.nz](http://sausageandassociates.co.nz)

## Peter Gordon gets crafty with pork

Chef Peter Gordon has teamed up with Premier Beehive Bacon to launch a new range of gourmet pork products. Peter was fully involved with the creation of the range, visiting Beehive's Wairarapa base to test and fine-tune the final products, which are made from New Zealand free-farmed pork. The new Beehive Craft Series by Peter Gordon includes Bacon Lardons, 5-Spiced Pork Belly, Honey Soy Marinated Ribs, Cajun Spice Marinated Ribs, and Maple and Nutmeg Bacon. From RRP\$8.99. Available at selected supermarkets nationwide.





## Market update

Te Awamutu is joining the growing list of Farmers' Markets around New Zealand with the opening of its own market at the end of September. It will operate at Selwyn Park and will be managed by the Trustees of the rural Cambridge Farmers' Market and the city Farmers' Market in Hamilton. The **Te Awamutu Farmers' Market** will fill the weekday gap, running every Thursday between 3.30pm and 6.30pm. For details visit online at [teawamutufarmersmarket.co.nz](http://teawamutufarmersmarket.co.nz)



And as a new market launches, **Hawke's Bay Farmers' Market** is celebrating ten years of bringing local produce to the community. The market has planned a special market day on Sunday November 14th from 8.30am at Hawke's Bay A & P Showgrounds, Kenilworth Road in Hastings. To find your nearest Farmers' Market visit online at [farmersmarkets.org.nz](http://farmersmarkets.org.nz)

## Best bacon found

A dry cured middle bacon has been voted New Zealand's best bacon by a panel of judges at the 100% New Zealand Bacon Competition. The Bacon of the Year winner was Brian Jennings of Redcliffs Butchery in Christchurch, who won the supreme award, and gold, for his highly commended Dry Cured Middle bacon. Twenty four judges, including Dish's Food Editor Claire Aldous, tasted 184 different bacons from 73 bacon makers across five categories.



## Pie in the sky

Make soggy-crustured pies a thing of the past with the new Crisper Pastry Pie Pan. From the designers of the hugely popular Simmer Mat, the new pan allows heat to the bottom of your pie, creating a crisp, golden crust. The 25 cm pan is made from plated tin, can be used in electric or gas ovens and is dishwasher-safe. RRP\$26.95. For stockists call Parnell Agencies on 0800 828 466.

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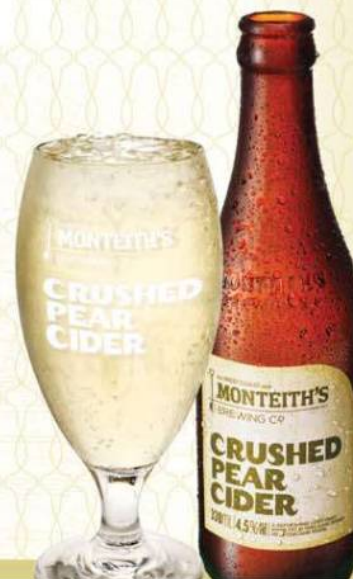
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MTW002/RWS/01





## Turning chocolate to gold

Not that you need another reason to indulge in the beautiful hand-made chocolates from Bennetts of Mangawhai, but we'd like to note they've just won three prestigious 2010 Great Taste Gold Awards in London. Judged by an independent panel of food critics, these awards attract entries from the world's best chocolatiers. Gold Stars went to Bennetts' 'Dark chocolate enrobed fresh quince paste with crunchy caramel', 'Chocolate nougat with pistachio and hazelnuts' and 'Nougat with Manuka honey and macadamia nuts'. For stockists visit online at [bennettsofmangawhai.co.nz](http://bennettsofmangawhai.co.nz)



## What's on Ruby's List?

Great meat is just a click away with the launch of new meat e-tail site Ruby's List. It's a retail spin-off of wholesale business Zealfresh, which has been providing meat to hospitality businesses for a decade. The meat on offer is selected from free-farmed or fully organic farms and is premium export quality. Delivery nationwide, visit online at [rubyslist.co.nz](http://rubyslist.co.nz)

## Best Young Butcher

A young butcher from Rotorua's New World Westend has beaten more than 30 competitors in a gruelling challenge to find the Alto Young Butcher of the Year. Calum Sutherland took first place after five finalists were assessed in a 90 minute cutting test, an exam, interview and role-play with a "customer". The 24 year old says he's ecstatic about his win, which will see him travel to Europe on a study trip, and comes five years after he first took the title as a 19 year old. Damian Hanley from New World Hillcrest in Hamilton was judged the inaugural winner of the RMITO Butcher Apprentice of the Year.

## Al's Oils

Chef Al Brown has teamed up with Hawke's Bay's Village Press to release two extra virgin olive oils. The Al Brown & Co. Lemon and Fennel Infused Oil (500ml) is perfect with seafood, lamb, and salad greens. Or there's the light and fruity oil created from single variety Koroneki olives. This comes in a 1 litre boxed bag and is designed for liberal use – Al says he doesn't want people to be too precious with it. We love the graphic design of the box too. 1 litre box RRP\$29.99. Available at Farro Fresh in Auckland or for more stockists contact Village Press on 06 879 8373.



## Make your mark

Leave your guests in no doubt that those biscuits came from your kitchen with the new Home Made Cookie Stamper. RRP\$29.95 For stockists visit online at [until.com.au](http://until.com.au) or phone +612 9690 0016.



## Cold and creamy

Hot on the heels of their popular gourmet yoghurt comes the new Piako Gourmet Frozen Yoghurt. Beautifully creamy and intensely flavoured, the new frozen yoghurts are available in Lime Zest, Passionfruit, and Lemon Curd. They are free of gluten, preservatives, artificial flavours and colours. Available from Nosh stores or visit online at [piakoyoghurt.co.nz](http://piakoyoghurt.co.nz) for stockists.



## Going bush

Add a distinctly New Zealand flavour to your next meal with the new seasonings from Foodies. Using kawakawa (wild basil), horopito (pepper tree) and karengo (sea lettuce) they are great for seasoning and in marinades. Choose from Lime and Wild Basil, Wild Pepper and Seaweed, and Wild Basil and Seaweed. Available in a 75g resealable pouch. For stockists call NZ Premium Foods on 09 522 2884.



## Search on for the true flavours of Hawke's Bay

A record number of restaurants and cafés are competing in this year's Hawke's Bay Signature Dish competition, with 39 eateries in the running to find the dish that best defines the region.

The event is on now until October 19th and challenges chefs to create a dish showcasing the best of the Hawke's Bay, matched with a local beer or wine. The match is available to diners to try during the five week competition and to vote in the People's Choice Awards in each of the three categories – formal, casual and café. A judging panel assesses each entry based on its use of local produce, creativity and drink match, alongside the service received.

Jane Libby of Food Hawke's Bay, which organizes the event, says the entries showcase some first class culinary techniques and diners should look out for delicacies such as poached duck eggs, damsons, piko piko, white balsamic, quark, truffle oil, rabbit and plenty of seafood and lamb.

The Hawke's Bay Signature Dish has become a hugely popular event on the region's food calendar. During the six weeks of the 2009 competition more than 30,000 diners ate out at the 29 participating restaurants.

Last year's winner in the Formal Category was Black Barn Vineyard with Executive Chef Terry Lowe's dish (pictured) of 'Esk Hill Pork French Rack filled with black pudding on pan-fried Agria gnocchi, apple balsamic rosemary glaze and chilli pickled pear salad' matched with Black Barn Single Vineyard Pinot Gris 2008.

For more details of competitors and their dishes in the 2010 competition visit online at [foodhawkesbay.co.nz](http://foodhawkesbay.co.nz)



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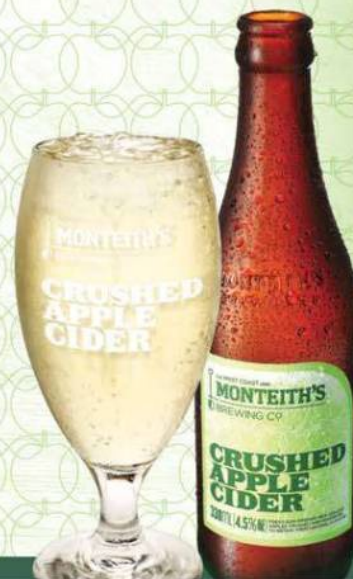
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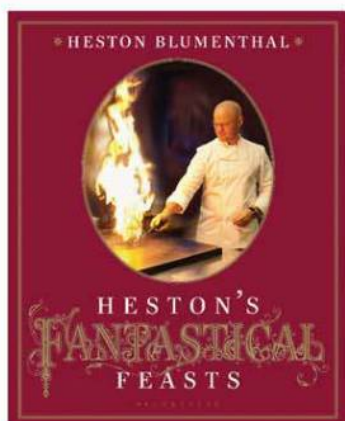
MONTEITH'S 02



# books

Reviewed by Catherine Bell and Victoria Wells

All the books featured here are available from Cook the Books.



## Heston's Fantastical Feasts

By Heston Blumenthal

Chef Heston Blumenthal takes inspiration from famous feasts (historical and fictional) in his latest book which accompanied the television series *Feast*. He creates six feasts, including one inspired by fairytales, another by Gothic horror. There are recipes for each dish, but (as you would expect) they are complex and fairly painstaking. For me, the real delight in this book is Heston's approach to each feast; the way he researches each one, the discoveries he makes and how these inspire each element. Pure food escapism with a dash of magic and mystery. – VW

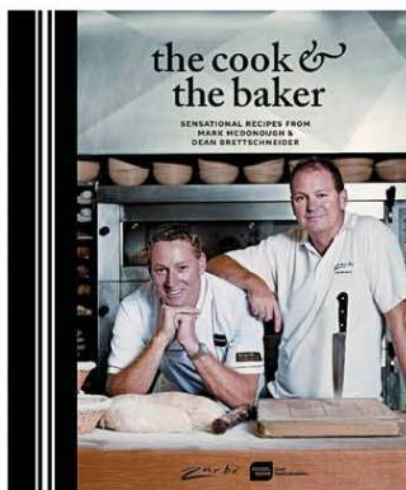
Bloomsbury/Allen & Unwin – RRP\$69.99 (hb)

## The Cook & The Baker

By Mark McDonough  
and Dean Brettschneider

Mark and Dean join forces with their respective skills to create a book full of great recipes for everyday cooking and baking. Dean offers a great bread chapter, Mark has contributed the entrées and mains and it would seem between them they have created some delicious desserts and sweet baking. A comprehensive basics section at the end makes this a thoroughly useful new addition to your shelf. – CB

Random House – RRP\$45. Out October

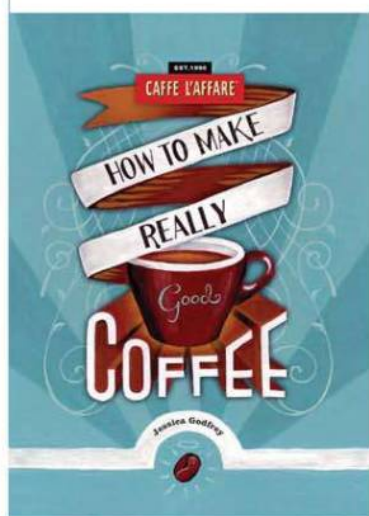


## Quay

By Peter Gilmore

Having just been named number 27 in the top 50 restaurants in the world this new book is timely indeed for Sydney chef Peter Gilmore of Quay. You'll enjoy reading about Peter's climb to the top and love seeing how his dishes are created. Your experience as a cook will determine how many of them you attempt at home. I'll be serving the jelly of white nectarines, raspberries and cherries with vanilla panna cotta for Christmas I think. The method looks very approachable and there's not a foam in sight. – CB

Murdoch Books/Allen & Unwin – RRP\$110 (hb) Out October 1



## How To Make Really Good Coffee

By Jessica Godfrey

With its origins as an industry teaching tool, this book has been redeveloped for the home barista. It covers everything from bean varieties, roasting, blending and tasting through to how to make coffee correctly, whether you're using a plunger, filter, stovetop or espresso machine. Descriptions of how to make different coffees mean you'll never confuse your ristretto and affogato again. There's also a handy troubleshooting section and a guide to latte art. Author Jessica Godfrey works for Wellington's iconic Caffe L'affare and is a World Barista Judge. – VW

Random House – RRP\$27.99 (flexibound)





## 365 Good Reasons to Sit Down to Eat

By Stéphane Reynaud

Stéphane Reynaud found huge success with his previous books *Pork & Sons* and *Terrine*, and while this tome has an unusual format, it works well, offering a recipe for every day of the year. It's seasonal (so you'll need to adjust for our seasons) and approachable French fare that just says 'cook me'. Each recipe is photographed and each page dotted with advice and hints, ingredient information and variations, so it is much more than just a book of recipes. – CB

Murdoch Books/Allen & Unwin  
– RRP\$89.99 (hb)

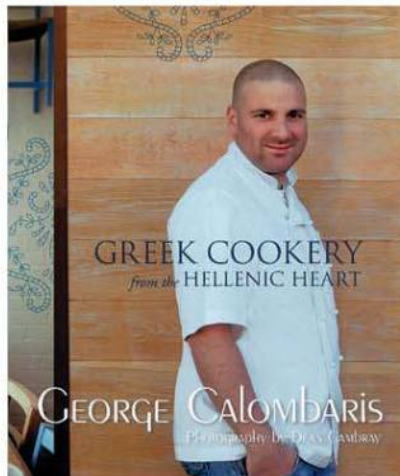


## Cook Like an Italian

By Tobie Puttock

Chef Tobie Puttock has a strong grounding in Italian cooking and is Jamie Oliver's right hand man at his Fifteen restaurant venture in Melbourne. This beautifully presented book is a celebration of Italian dishes Tobie discovered during a six week trip around Italy, and is divided by city or village. Recipes are accompanied by useful ingredient tips or a description of the dish's origins, and each one also has advice on how it can be adapted to suit various intolerances or allergies. – VW

Lantern/Penguin NZ – RRP\$75 (hb) Out October 1

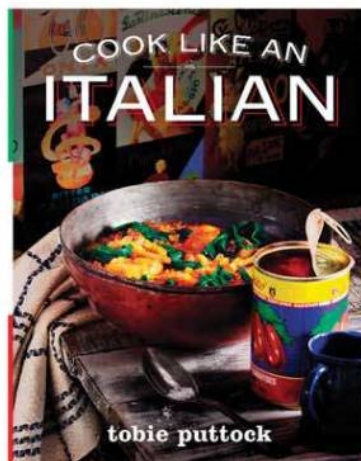


## Greek Cookery from the Hellenic Heart

By George Calombaris

The inspiration behind this book is George's latest restaurant in Melbourne, Hellenic Republic, which is his interpretation of a traditional Greek taverna. This is the food of his family and his country of origin. It starts with breakfast, follows on to small plates, grilled dishes, baked and roasted dishes, a chapter of his mother's recipes and finally the sweets. Interspersed with images of George's family, past and present, the restaurant and the dishes, this is a special book to own and cook from. – CB

New Holland – RRP\$59.99 (hb)



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# what's on

A listing of major food and wine events

## SEPTEMBER

**Italian Festival New Zealand**  
Westpac Stadium Concourse, Wellington  
Sunday 26th

Westpac Stadium will transform into a vibrant corner of Italy for a day to celebrate the best of Italian life. A wide range of Italian food and drinks will be available to taste and buy. Visit online at [theitalianfestivalnewzealand.com](http://theitalianfestivalnewzealand.com)

## OCTOBER

**Kaikoura Seafest**  
Takahanga Domain  
Saturday 2nd

Kaikoura's premier festival is a celebration of all things seafood in one of the most iconic seaside towns in New Zealand. Visit online at [kaikoura.co.nz/seafest](http://kaikoura.co.nz/seafest)

**Hawke's Bay Wine Awards Dinner**  
Waikoko Gardens, Showgrounds  
Tuesday 19th

Mix with the who's who of the Hawke's Bay wine industry at a black-tie dinner to reveal the results of the 2010 Hawke's Bay Wine Awards. Visit online at [hawkesbayshow.co.nz](http://hawkesbayshow.co.nz)

**Gisborne Wine and Food Festival**  
Gray's Bush Scenic Reserve  
Sunday 24th

Chefs Simon Gault and Al Brown headline this year's revamped festival, which now boasts wine and food workshops along with wine tasting and local food, all in a new location. Hollie Smith, The Black Seeds and Sola Rosa lead the live music line-up. Visit online at [gisbornewine.co.nz/festival](http://gisbornewine.co.nz/festival)

**Dinner with Gordon Ramsay**  
Langham Hotel, Auckland (Tuesday 26th)  
TSB Bank Arena, Wellington (Thursday 28th)

Join one of the world's most celebrated chefs at a dinner where he will discuss his life, fame and business prowess. The night will feature a three course dinner, fine wines and a Q&A session with Gordon Ramsay. Visit online at [ducoevents.co.nz](http://ducoevents.co.nz)

**Stephanie Alexander Author Lunch**  
Auckland  
Thursday 28th

Join renowned Australian chef Stephanie Alexander for lunch at The Langham, Auckland

to celebrate her newest book, *The Kitchen Garden Companion*. Tickets are \$85 including a \$25 donation to The Garden to Table Trust. To book email [info@gardentotable.org.nz](mailto:info@gardentotable.org.nz)

## NOVEMBER

**Savouring the Source**  
Waimate Showgrounds, Waimate North  
Saturday 13th

This festival features Northland producers and wineries, cafés and chefs. The Northland Chefs' Association will conduct cooking demonstrations throughout the day, with local wines and live music. Visit online at [bayofislandsshow.co.nz](http://bayofislandsshow.co.nz)

**Hawke's Bay Farmer's Market Turns 10**  
Hawke's Bay A & P Showgrounds, Hastings  
Sunday 14th

A celebration of ten years of the Hawke's Bay Farmer's Market, which now boasts more than 50 stallholders. Join the festivities with live music, family entertainment and giveaways alongside the market from 8.30am.

**Taste of Auckland**  
Victoria Park, Auckland  
Thursday 18th to Sunday 21st

More than 100 producers, including some of Auckland's most prestigious restaurants will be offering fine food and beverages at the second Taste of Auckland. Enjoy outstanding food, wine and entertainment in a festival atmosphere. Visit online at [tasteofauckland.co.nz](http://tasteofauckland.co.nz)

**Waiheke Olive Festival**  
Rangihoua Estate, Waiheke  
Saturday 20th – Sunday 21st

Celebrate the 2010 olive season with the growers who produce some of Waiheke Island's finest olive oils. Try a range of locally produced oils with fine food, music and wine. Visit online at [waihekeolivefestival.co.nz](http://waihekeolivefestival.co.nz)

**Toast Martinborough**  
Sunday 21st

One of the most popular wine and food festivals on the New Zealand calendar, Toast Martinborough is a day to celebrate the release of the new vintage wines from around the region. Local restaurants and chefs provide culinary delights, alongside the local wines and live music. Visit online at [toastmartinborough.co.nz](http://toastmartinborough.co.nz)



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The New Zealand Herald



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Unlike them, we are made from **apples**: Braeburn, Royal Gala, Fuji, Jazz,  
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# cooking with... broad beans



**I had always believed** that beans arrived in Europe from the New World with Columbus, but it turns out I was wrong. The humble broad bean, *fava* or shell bean has been feeding Europe's peoples for centuries. Today, we are not quite so reliant on them for a food source, and the broad bean has been largely relegated to sit alongside all its cousins. Whether fresh or dried, they seem to be either loved or hated, although in fact both are delicious if prepared well.

The Anglo-Saxon tradition is to leave the broad bean pods to grow until they are thick, gnarly and quite black. By then the beans inside will be huge, and turn mealy when cooked, with a tough grey skin. This is why so many of us have less than fond memories of the broad beans served to us when we were children.

The best broad beans come from pale green pods no more than about 12 or 13 cm long and are young, early spring beans, no bigger than the size of a small thumbnail. Even smaller pods can be eaten raw or cooked and eaten whole like fresh peas. The Italians enjoy podding very small beans

at the table to be eaten with a drizzle of olive oil and a sprinkling of coarse salt.

Rarely seen fresh for sale in New Zealand, except in farmers' markets, broad beans are mostly available frozen, just like peas. Growing your own is a good and relatively easy option. Fresh or frozen, the secret is to blanch the beans, refresh them in cold water then peel the outer skin off. Inside you will find a delightful and delicious bright green jewel of a bean.

These are the beans you want to eat whole: in salads, as part of a fresh spring vegetable stew or tossed through pasta or risotto. The older, harder and starchier beans require more cooking but are perfect for mashing or puréeing with garlic and olive oil to make a delicious dip. Or they can be chopped or mashed and mixed with ricotta for a ravioli filling.

Dried broad beans or *ful medames*, as they are called in the Middle East, must be soaked overnight until they are completely rehydrated. They can then be boiled until tender and used in salads or puréed. Once soaked, they can also be fried in olive oil until crisp and served salted as a snack.

When buying fresh broad beans in the pod avoid any that are wrinkled or blackened. Ask the vendor to open one for you and check that the furry inner lining is moist and the enclosed beans have tight, smooth skins. If allowed, peel a bean and taste it. It should be sweet and tender.

**To prepare the beans:** First pod them (I always wear gloves for this job as they can turn your fingers black). Blanch the beans in a pot of salted boiling water just to loosen their skins, then quickly refresh them in ice cold water. When cold pop the bean out of its skin with your thumb.

A word of warning: people of Mediterranean, Asian or African extraction may be susceptible to *favism*, a disease that results from a toxic and life threatening reaction to something in the broad bean called *vicine*. The risk comes from eating raw or undercooked broad beans or being exposed to the pollen.

**Broad beans go with:** bacon – butter – cream – feta – garlic – lemon – mint – mustard – olive oil – parsley – prosciutto – Parmesan – pecorino – potatoes – rosemary – salami – tarragon. •

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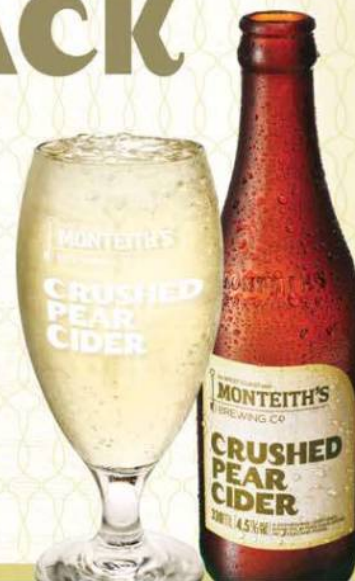
But unlike them we are made from **pears**: Taylors Gold, Comme Du Comice, Beurre Bosc, and Concorde to be specific.

**Very specific.**

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# sweet treats

A traditional French treat is finding favour in  
Christchurch. LISA MORTON visits J'aime Les Macarons.



### Amanda McBeath first came

across the pleasures of macaroons ten years ago while living in Paris. She fell in love with the delicate pastries, which have been a popular treat in France for generations. In fact, more than 10,000 macaroons are sold in Paris every day, whether from the legendary patisserie houses of Ladurée or Pierre Hermé, or in more recent years even in restaurant chains such as McDonalds.

Upon her return to New Zealand, Amanda found herself making macaroons while working for a catering company. But it wasn't until October 2008, when a friend asked her to make them for her wedding, that she devoted herself seriously to producing them as a business venture.

Amanda began selling her macaroons from a stall at the weekly Canterbury Farmers' Market in the grounds of historic Riccarton House. The response was immediate: customers loved them and orders flooded in for weddings and corporate events.

Just over a year later, in November 2009, Amanda opened her Christchurch store, J'aime Les Macarons (I love macaroons). She and business partner, Bridget O'Sullivan, have barely had pause for breath since then as they meet the growing demand for the little jewel-coloured treats.

J'aime Les Macarons stocks a selection of six classic flavours: vanilla, bitter chocolate, rose, pistachio, lemon and coffee along with a constantly changing seasonal menu that includes raspberry, orange cassis, Manuka honey and hazelnut, passionfruit and salted butter caramel. They also deliver their macaroons nationwide, and sell through selected retailers.

A former commercial lawyer, Bridget has now found her passion in macaroons. After legal roles in Wellington and London she headed back to New Zealand and studied at the New Zealand School of Food and Wine, as Amanda had done previously, and then a chance encounter set things in motion.

"I went to the market one day," says



Bridget O'Sullivan (left)  
and Amanda McBeath

**"People always want sweet things  
that just look gorgeous. And they  
taste really nice as well!"**

Bridget. "And I just loved the product. I had the feeling that it was very me and it was something I really wanted to get involved in."

It also fitted the bill of what she had been looking for: "I have quite a commercial background and when I got back to New Zealand I wanted to start my own business."

Bridget began working a few hours a week and it quickly grew from there. Within a few weeks she was working full time. "We get on really well. We're both really passionate about it. We talk about macaroons a lot! And we don't get sick of it," says Bridget.

Macaroons have caught the imagination of customers all around the country. "At the time of the recession it was the perfect thing to do," explains Amanda. "The macaroons

are relatively cheap, but a real treat and they're packaged beautifully. People always want sweet things that just look gorgeous. And they taste really nice as well!"

"They retain something special because they aren't easy to replicate at home," agrees Bridget.

Between the two of them, Amanda and Bridget do everything involved in the business: coming up with new flavours, marketing, packaging decisions, as well as making all the macaroons in the kitchen at Riccarton House.

The Farmers' Market is still a key trialling ground as most visitors are passionate foodies, and many have tried macaroons in Europe. They have enthusiastically supported the arrival of the local version

and Amanda and Bridget use their weekly stall to test new flavours. If a new variation proves popular for a month at the market they introduce it to the store.

All the flavours they use in the macaroons are natural and most often local ingredients are used. They also insist on free-range eggs, which they buy from the market.

The technique behind a perfect macaroon takes much skill and practice, and is something Amanda has worked on over the last two years. Like any perfectionist she claims she is still getting there. "Initially it took me about a year and a half. When I started cooking here (at Riccarton House) I had to rethink the whole recipe and technique again as I was using the mixer and commercial oven that was bigger. It's been hours of practice and about ten thousand dollars of ground almonds!"

**"We get people asking for tips but it's so individual. If you tried our recipe at home it probably wouldn't work."**

The two women find the fickle nature of the macaroons, which can be affected by variations in temperature, humidity or even the rain, a constant challenge, but one they enjoy. "If it's raining the temperature of the oven has to be adjusted slightly and you can only bake one tray instead of two otherwise the bottom tray will explode," Amanda explains.

Different flavours also require different techniques, and it's always a learning process discovering what can affect them. "When we create a new flavour things have to be tweaked. Different fillings have different challenges."

Amanda explains the two main methods in making macaroons, using either French or Italian meringue. "With Italian meringue you beat the egg white and add sugar syrup. For the French, beat the egg white and put in tablespoon after tablespoon of sugar until it is all dissolved. I started doing it the French way but it didn't work for me so I settled on the Italian method."

After adding colour to the dry ingredients

the next step is folding with the egg whites. "The technique is *macaronnage* – a French way of folding the mixture together, a scooping and folding method. It's all about knowing when it's at the right consistency."

Once piped, the mixture should be left to sit and dry, then goes into the oven. Length of cooking time depends on the individual flavours, and there are a variety of little secrets gleaned from trial and error, such as opening the oven door a couple of times to let steam out. "We get people asking for tips but it's so individual. If you tried our recipe at home it probably wouldn't work," says Amanda.

The fillings are either ganache or buttercream – whichever brings out the best flavour. Ideally the macaroons should then sit in the fridge for a couple of days to increase the chewiness of the texture. One batch produces about 200 shells, which

make 100 macaroons. Amanda and Bridget make 1000 filled macaroons in a day.

Constantly developing new flavours keeps their imaginative juices flowing, and the Farmers' Market often provides inspiration. "Someone started selling culinary lavender so we made a lavender flavour," says Amanda. Similarly, elderflower will be on the menu soon too. "It's easy as it's all outside our door. Maybe a tomato one might be in the works over summer!"

Corporate events also provide an opportunity to take some risks. "We recently made a bitter chocolate and black pepper macaroon for a corporate event. Afterwards we sold the extras at the market and they went really quickly."

They see part of the process of establishing the business as one of encouraging and educating customers. In March a 'Macaroon Day' was held at the store, inspired by a similar French day of celebration. They stocked the shop full and sold the treats for a dollar each, with great success. They even trialled a vanilla and olive oil flavour

with a piece of green olive at the centre. Customers were initially hesitant, but the feedback was overwhelmingly positive. "It's part of the fun, trying out new flavours, and after all, it's only three bites!" says Bridget. "We like customers to be brave and trust our judgement," agrees Amanda.

Presentation is key to their appeal too. For the current spring seasonal menu they have introduced a bright yellow box to complement the new flavours of garden mint and lychee. From mid-November a Christmas celebration box will be available.

A full box of macaroons has a jewellery-box like quality, with identically shaped macaroons in an array of beautiful colours. "Customers often ask if we use a mould. But it's just piping skills and knowing the mixture," says Bridget.

Amanda and Bridget firmly believe macaroons are a treat for any time of the day. "Liquorice ones in the middle of the night or lemon ones for breakfast..." encourages Amanda. They do recommend a match with an appropriate tea to cleanse and refresh the palate after each bite.

Focusing on only one product doesn't faze them at all. "A lot of feedback we get is that people like the fact we are doing one thing and doing it really well. People support the boutique – it's like going to a cheesemonger as opposed to the supermarket. So far it's working out well," says Bridget.

Nor do they believe the interest in macaroons is a short-lived trend. "The following overseas has been going on since the 1900s," says Amanda. "Once they're here they'll stick around. I don't think they're just a fad." •

J'aime Les Macarons remains fully operational following the Canterbury earthquake on September 4.

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J'aime Les Macarons – 9F Normans Road, Strowan, Christchurch. Phone 03 355 0597 or visit online at [jaimeslesmacarons.co.nz](http://jaimeslesmacarons.co.nz)







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# Indulge in High Tea

A guide to the best High Teas around New Zealand  
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The Langham, Auckland's Signature Afternoon Tea recalls the grace and elegance of the original Langham grand hotel in London and has twice been voted the best afternoon tea in Auckland. Soak in the atmosphere of the sumptuous Winery and choose from a three-tiered platter of exquisitely prepared sandwiches, petit scones, cakes and delicacies, served with a range of exotic teas and fine coffees.

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## Orbit Revolving Restaurant – SKYCITY, Auckland

Enjoy a sumptuous High Tea at SKYCITY's Orbit with revolving 360° views of the city. Exquisite contemporary Kiwiana-style delicacies including handmade pastries, scones, sandwiches and savouries, served with a range of exotic teas or espresso coffee. A selection of Champagne and Methode Traditionelle is also available. Guests also receive complimentary Sky Tower admission, complimentary car parking and a booklet detailing the High Tea selection and several key recipes, to take home.

**Available:** Saturday and Sunday from 2.30pm-4.30pm (last booking 3.30pm).

**Price:** \$30 per person.

**To Book:** Call 09 363 6000. Bookings essential and are subject to availability and are for a one hour dining time.

Complimentary car park pass must be obtained from the Orbit cashier and is valid for the main SKYCITY car park on the day of dining only. 15% surcharge applies on public holidays.



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**Price:** Classic High Tea \$19.50 per person. Chocolate High Tea \$25 per person.

**To Book:** Telephone 04 499 9500 or email [whitbys@jamescookhotel.co.nz](mailto:whitbys@jamescookhotel.co.nz)  
Bookings essential.



A woman with curly brown hair, wearing a blue short-sleeved cardigan over a patterned top, is smiling and holding a large cardboard box. The box is filled with numerous small, fluffy yellow chicks. The box has several circular ventilation holes along its side.

# feathered friends

A Dutch couple dedicated to producing top quality chicken meat have hit a note with Kiwi foodies, as VICTORIA WELLS explains.





Left: Farmer Harold Melis says the organic feed and access to the outdoors are key elements in creating top quality chicken meat.

**From the paddock gate**, the chickens appear as a mass of white; a convivial crowd gathered in the sunshine outside their shed at Kipdale Farms. As we approach, however, there is a mad dash for the safety of indoors and they watch warily as we pass by.

"The shed is like the mother," Marieke Melis tells me later. "In summer we open the side doors, but they won't leave for a couple of days, then they build confidence."

These chickens have what a real estate agent would probably describe as "a property with all day sun, and great indoor/outdoor flow." Raised free-range and under certified organic practices, they call home one of three airy, specially designed sheds nestled in the Clevedon Valley, south of Auckland.

Marieke and husband Harold, a farmer and former butcher, have farmed chickens for more than a decade. First, in their homeland of Holland and now here. Tired of the intensive farming practices in Holland and in search of a better life, Harold and Marieke moved to New Zealand with their young family in late 2006.

They now own and run Kipdale Farms, producing free-range, certified organic chickens which are building a steady consumer following and already causing ripples in the restaurant scene: Tony Astle of Antoine's and Geoff Scott of Vinnies have just placed their orders, while Huka Lodge Executive Chef Michel Louws has been a fan for some time.

When they first arrived, Harold worked on a dairy farm milking buffalo for locals Helen and Richard Dorresteyn and their then-fledgling Clevedon Valley Buffalo company. Helen runs the Clevedon Farmers' Market, and knowing Harold's background in chicken farming and always in search of good quality local product, encouraged him to start his own free-range farm.

In 2009 Harold and Marieke began with

applied for organic certification and also ordered three special movable sheds from France, the only ones of their kind currently used for commercial chicken farming in New Zealand.

Every seven to eight weeks Harold hooks the sheds up to a tractor and pulls them to new ground. This prevents the chickens polluting the ground, which can cause sickness, and gives them access to fresh foraging. The sides of the sheds open too, allowing fresh air and sunlight inside throughout the day.

Kipdale Farms achieved its organic certification earlier this year and Marieke says it has helped them create a product they are proud to stand behind.

"It has to do with integrity too, for me, that's why I like this product so much. As certified organic you aren't allowed to wash the birds in chemicals, for example. You do that with a natural citrus spray and then you think 'Yes, this is the real deal.'"

The chicks arrive at Kipdale Farms from a hatchery in Tuakau. They are housed in a temperature-controlled shed until they are old enough to be moved into the open

**"It's the diet, the movement and the slow growing – all these things make them taste so nice, and gives the meat tighter structure."**

free-range birds, but soon realised the definition of what constituted free-range production ("providing birds with access to an extensive outdoor area...") could be so widely interpreted that they would never be able to compete against some of the bigger players and their large scale operations.

"The public says, 'Free-range is free-range'," says Harold, "but they (the large companies) are farming on a much larger scale, so I could never survive with just free-range. Certified organic is a step higher and more of a point of difference. It's farming from your heart on one side, but it's also business."

So just months into production, Harold

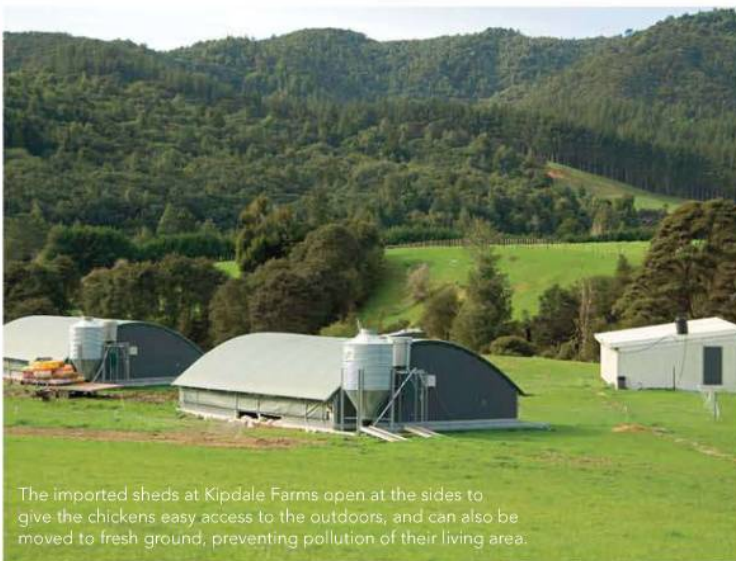
sheds. They are fed a certified organic feed of maize, wheat, soya and barley, and Marieke says this has a significant effect on the flavour of the bird. "They taste different because the feed they get is certified organic without sprays. Other chickens can be fed blood and bone from slaughter plants – these chickens are vegetarians, blood and bone is not allowed."

Once they reach just over two weeks old they are moved to the open sheds; each 8 metre x 15 metre shed houses 600 birds, allowing plenty of room to move, which also plays a role in the final product. The meat of Kipdale Farms' chickens is slightly darker









The imported sheds at Kipdale Farms open at the sides to give the chickens easy access to the outdoors, and can also be moved to fresh ground, preventing pollution of their living area.

## "It has to do with integrity too, that's why I like this product so much."

and denser, a result of the bird's higher blood flow as it moves around.

"Because they are going out, they grow more slowly because they lose energy," explains Harold. "They are not so fat and the chicken has good blood flow, then the meat gets tighter; if it grows like a balloon, then the meat is really soft.

"It's the diet, the movement and the slow growing – all these things make them taste so nice, and gives the meat tighter structure."

When the chickens are grown, they are each picked up by hand (this helps avoid bruising) and sent to Tuakau for processing, before they are returned to Clevedon and the certified organic kitchen the Melis' use.

"That's so we can check all the birds again," explains Harold, "It's such a high quality product and people are paying quite some money for it and so we want to be sure it's good quality. So we check them

all again and then we package them."

The couple's children help out with the family business too – gathering the birds and packaging.

The chickens are available in five sizes (12-20) in the North Island only currently, at organic stores such as Huckleberry Farms in Auckland, Commonsense Organics in Wellington and at the weekly Clevedon Farmers' Market.

While Harold's focus is on raising the birds, Marieke deals with retailers and restaurateurs, organizing orders, following up for feedback and selling to customers at the local market. She says she often has to explain where the birds come from, and recalls one customer asking if the man shown on the packaging was real. An indignant Marieke replied: "Of course – that's the farmer, that's my husband!"

We all know how it ends for the chickens, but for Harold and Marieke the quality of the birds' lives up until that point is as important as the end product.

"What I really enjoy is when the chickens are happy in the shed," says Harold. "The wood shavings are nice and dry and there's fresh air in the shed and they have a beautiful, comfortable climate and they jump around and I can watch this for hours.

"The other thing I enjoy, because I have a butcher's background, is that you have the day old chick to the plate – you control everything until it comes into the butcher's shop or the organics shops. That is great."

He says knowing that what they produce is the best it can be, also makes Marieke's job easier. "Now she can completely with her whole heart say 'This is a clean, beautiful piece of chicken meat.'"

Marieke nods in agreement, "This is real farming." ●

For more information visit online at [kipdalefarms.co.nz](http://kipdalefarms.co.nz)





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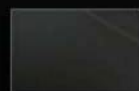
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Photo by Dean Mackenzie



# sharing spring

Chef Jonny Schwass waves a cheery goodbye to winter and welcomes in his favourite season.

There is a Chinese proverb that says: "Spring is sooner recognized by plants than by men." I'm not sure if it's because I'm getting older, or maybe it's because I don't get the thrill of strapping planks to my boots and sliding down slopes of ice, but to be perfectly honest I'm done with winter for another year.

As much as I love a good braised dinner, some roasted root vegetables and a

joys of finding the best produce, preparing it simply and letting the ingredients sing. In spring, of all the seasons, this is the time to be a good buyer, not always a clever cook. Everyone can be a great cook as long as you follow that simple mantra.

Good, honest food is never about being too clever; it is never about making you think about what you are eating. To some extent that is what restaurants are for, we justify the

who has, bake some good bread or buy it from someone who does. My grounding philosophy with food is to make it or grow it myself or buy it from someone who can do it better than me. If you enjoy good food you will know where these place are, if you don't know, just ask.

The joy of good eating is a great conversation starter, the delight of sharing a new flavour or ingredient is something food fans the world over have always loved to share. Some of the things I'm enjoying sharing at the moment:

I love **spring chicken** from Westwood Organic Chickens. They have the true chicken flavour and toothsome texture which many of us have long forgotten. It's superb simply roasted with slabs of butter and the remaining few

"Spring is the white knight, the saving grace and the seasonal superhero from the tyranny of winter."

steamed pudding for afters, I have to admit I'm pleased to see the back of winter. As a professional cook and an amateur gardener, our farm to table sensibility can be a tough ask when the iced soil offers such a limited crop for an entire growing season. I have exhausted all the possibilities for parsnips, potatoes and pumpkins, and even my beloved Brussels sprouts are starting to feel like a slightly drunk dinner guest who has overstayed their welcome. But who is this at the door? Is that the best looking season on the calendar? Could that be you spring?

Spring is the white knight, the saving grace and the seasonal superhero from the tyranny of winter. At the flick of a calendar month, spring changes a weary, tired old collection of sticks into a flowering blossom. Without doubt, spring is the beginning of the cycle for much of the flora and fauna that grace the tables at our restaurant.

It's a time of change and a great time to let the ingredients speak. You often hear chefs and television cooks waxing lyrical about the

prices we charge by offering ingredients, preparations and presentations that you could not achieve at home, and by offering you an experience you cannot replicate at home.

When cooking in your own kitchen always focus on the quality of what you are cooking and not trying to achieve a restaurant experience. Over-elaborate garnishes, attempting silky smooth purées and multiple applications to single ingredients will only make you want to throw in your apron and leave the kitchen rather than embrace it. My advice is to leave the restaurant food in the restaurants.

Grow some good greens or at least buy them from someone





slices of Waipara truffle stuffed under its skin for good measure.

Young tender **salad greens** and **young herbs** from our garden, like peppery arugula, lemony sorrel, and delicate mâche are a sure sign of spring's arrival. The first shoots of any crop often have less flavour than the second; as if nature knows to sacrifice the less tasty morsels to the birds before offering the real goodness. The secret to flavour is growing in soil and picking them often. Early spring is when you should reap the rewards of a staggered planting program. Once the summer heat arrives many will become unavailable or will be less tender and sweet, so be sure to enjoy them at their freshest.

**Scallops;** always cook these in a scorching hot, dry pan. Brush with a little oil flavoured with a good curry powder to give these nuggets of the ocean an interesting twist.

**Artichokes** do tend to look intimidating, as if they are armour-plated, but what lies beneath the exterior of these oversized thistles is well worth the effort of obtaining. Once you get the hang of it, preparation is easy: cut, pluck, and scoop until you find the choke, then the vegetable is ready to be steamed or braised. Artichokes should be heavy for their size and their innermost leaves tightly closed. Or wrap your hand around the leaves and squeeze – if it squeaks, it's fresh. ●



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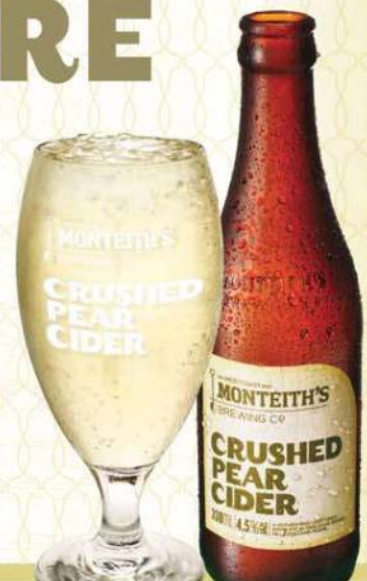
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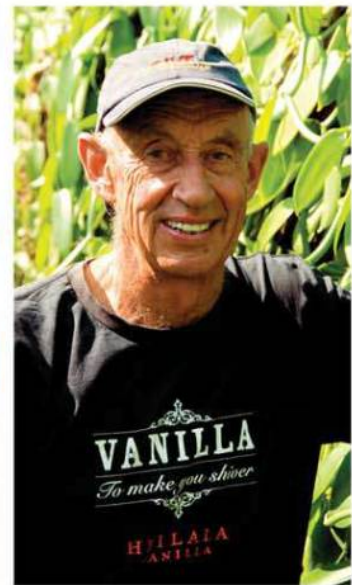
DISH • PRODUCER — HEILALA VANILLA

# plantation to plate

Take Kiwi chef Peter Gordon,  
add a top US pastry chef,  
put them on a Tongan island  
with a vanilla plantation  
and stand well back...

Story and photography by Jason Burgess





Above: Heilala Vanilla founder, John Ross.

Left: Peter Gordon and Natasha MacAller inspect the fresh vanilla pods on the vine with Sela Latu.

The pre-dawn toll of a church bell and the roof-raising chorals of devoted parishioners are about the only things that mark time in the Tongan village of Utungake. Across a causeway, on the edge of town, a hand-painted sign announces Heilala Vanilla (sic).

Named after Tonga's national flower, the plantation is a world away from the boutique grocers and five star kitchens in

Tonga's northern most island group. The two chefs are there as part of the company's inaugural, "Up Close and Personal" tour which offers keen foodies a chance to travel to the source of Heilala Vanilla, learn more about its origins and enjoy spectacular food created by Peter and Natasha using vanilla and the best of Tonga's local produce.

Heilala was the vision of New Zealander John Ross, an ex-dairy farmer and boat

of six returned to the village to help rebuild houses, restore infrastructure and deliver much needed medical supplies.

In recognition of John's efforts, village elder, Laulile Latu, offered him a free lease on a parcel of family land, prompting John to look at what he could grow.

On an earlier trip he had discovered vanilla orchids running wild; missionaries were thought to have brought the plant with them more than a century ago.

"One or two people grew it but no one really cared," says John. "Farmers consider kava more lucrative." After researching vanilla's history, he visited Reunion Island and Tahiti to observe established vanilla operations. He then enlisted the help of agriculturalist son-in-law Garth Boggiss and the pair are now openly smitten with their Bourbon-style vanilla, grown at Utungake.

Local family, the Latus, run the plantation, which is in its eighth season of growing; the first harvest was in 2005. Heilala Vanilla is putting the tiny village on the global culinary map and John's family reckons he is now "part of the island's furniture."

John, daughter Jennifer and her husband Garth work closely with the Latus, and their involvement with the village extends beyond the company too. As Jennifer explains, "Heilala applies the principles of fair trade; we support livelihoods and

**There's no mistaking the source of the delicately sweet aroma that permeates the air from somewhere down the end of the rugged two-track driveway.**

which Heilala has become a well-known fixture. But there's no mistaking the source of the delicately sweet aroma that permeates the air from somewhere down the end of the rugged two-track driveway.

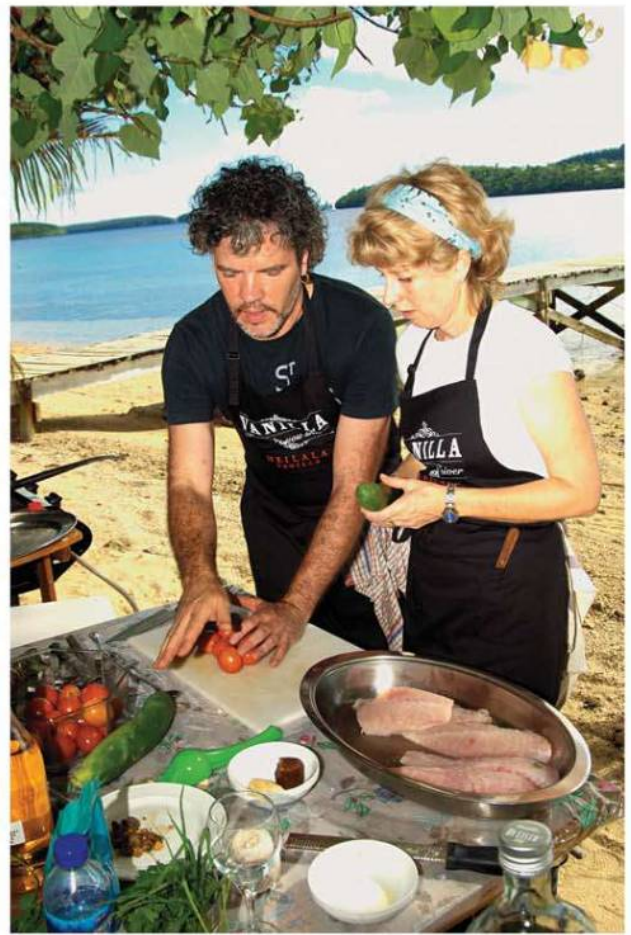
That beguiling bouquet is something US pastry chef Natasha MacAller believes is particular to this plantation's vanilla. "It's one of the defining qualities of Heilala vanilla," she says, "it is fragrant yet not too flowery."

Natasha and culinary colleague Peter Gordon are part of a group visiting Heilala and its home in Utungake village in Vava'u,

builder, whose passion for free diving fuelled his first visit to Tonga a decade ago. He built a launch and with six mates motored to the Tongan Beach Resort in Utungake village where his son Mark was manager.

While there, Mark urged him to organise repairs and playground equipment for the local school. Within the year he was back with his Papakura Rotarian Club mates, the first of an ongoing series of annual visits. When Cyclone Waka ripped through the Vava'u group in 2002 John and a team





Clockwise from top left: Natasha MacAller and Jennifer Boggiss shop for fresh produce at Neiafu market; ready for dinner at The Tongan Beach Resort; Peter and Natasha cooking beachfront; Tangi and Sela Latu with fresh vanilla pods; John Ross and a haul of freshly caught parrotfish; Natasha and Peter head to the kitchen; drying racks for the vanilla; (centre) Talavao Latu with the drying pods.







Clockwise from top left: Peter Gordon basting the pig at the umu, locals at the Neiafu market, taking up the umu at the plantation.

education in Utungake Village." The Boggiss' recently brought one of the members of the Latu family to New Zealand to attend a Pacific leadership course, and on each return journey they take much needed equipment to the village.

At the plantation John introduces the group to Talavao Latu who oversees the day-to-day operations, before talking us through the art of cultivating *Vanilla planifolia*, the only edible-fruit bearing orchid in over 20,000 species. The sight of raw vanilla bean bunches on the vine is a shared highlight for both Peter and Natasha.

While at the plantation, Peter and Natasha add their touches to the Latu's 'umu' with

whole chickens marinated in ginger beer and vanilla and a spit-roasted pig glazed by Peter with vanilla, smoked paprika, garlic, ginger and soy sauce.

Heilala produces upwards of a ton of dry vanilla each year – made more impressive when you consider each dry pod is just a fifth of its picked weight. Vanilla is certainly no get-rich-quick scheme though, it is one of the world's most labour intensive crops.

The painstaking hand pollination involves individually fertilizing each flower, which blooms only once for a few hours, on a single day. The growing and ripening cycle takes a further nine months on the vine.

Once the runner bean-like pods start

to yellow at their tips they are picked and plunged into 64°C water to stop fermentation and kick-start the six week drying period. Each morning the pods are laid on trestle tables under the tropical sun, while at night they are wrapped in polythene to maintain their heat. It is only when the vanilla beans start to shrivel like over-tanned tourists that the alluring perfume and soft flavours – the very same ones that first seduced the conquistadors and the courts of Europe half a millennium ago – begin to emerge.

Dry pods are graded according to length and sorted into kilo bunches before being shipped to New Zealand for packaging and supply. A refurbished cool store in Tauranga serves as Heilala's nerve centre for range development, vanilla aging, filtering and extracting. A micro-plantation of vanilla at the Boggiss' home also acts as their R&D site and a showcase venue.

Back at the source, Peter and Natasha are gleefully creating five star dishes – an exercise in initiative and improvisation when you're on a remote tropical island. But with produce from the local market, vanilla fresh from the plantation and an array of seafood caught almost to order by John Ross (thanks to his free diving skills), the pair conjure vanilla-infused multi-course meals before their live audience. All this while fielding questions about local ingredients, among them: plantains, a bitter fruit called Kerala and breadfruit, which Peter reckons is "related to croissant fruit and Sally Lunn fruit."

While the group enjoys a glass of wine, Natasha transforms John's haul of iridescent Parrotfish into an 'Ota Ika Ceviche'. The subtle hint of vanilla marries with the island's fruit and fresh fish. A vanilla seed panna cotta with rhubarb, ginger and pineapple gazpacho is a light, yet richly aromatic and ambrosial end to the meal (see recipes pg 46).

It's a plantation to plate experience that delights the group, who over the week have gained a special insight into the production of one of the world's most prized ingredients.

"I'd have to say it was a very peaceful experience," says Peter. "The hand pollinating and hand picking happens slowly and methodically, and then the strangely simple, but time consuming, curing process follows – all in the rhythm of the island. The experience was priceless." ●









### Heilala "Ota Ika" Ceviche

It sounds like the lyrics of an island song but it is the name of the Tongan version of Ceviche. Known in Fiji as Kokoda, Hawaii as Poke, and Ceviche in Spain and Mexico, Ota Ika is a light, spiced, quick and easy dish using the freshest fish (John caught a parrotfish - beautiful and delicious!) paired with the fragrance of coconut and vanilla. Serve as a starter, with a beer or crisp white wine. I enjoy Ota Ika with a glass of Prosecco, as a bit of fizz pairs beautifully with the fragrance of vanilla. You can replace the coconut cream with the 'light' version but it won't be as spoonable.

110 grams fresh snapper, lingcod or other firm white fish filets	1 tablespoon sweet chili sauce
55 grams (1/3 cup) chopped red capsicum	4 dashes Tabasco sauce (or to taste)
20 grams (1/4 cup) chopped red onion	1/2 kiwifruit, diced 3 cm (optional)
55 grams (1/3 cup) diced green mango or green papaya	60g (1/2 cup) nashi, or water chestnuts diced 1 1/2cm
1/3 cup coconut cream	3 tablespoons chopped parsley
1/2 teaspoon Heilala Vanilla paste	sea salt and freshly ground pepper to taste
juice of 2 limes and zest of 1 lime	chives or spring onions for garnish

Cut the raw fish fillets into small 6 cm (2 1/2 inch) pieces and place in bowl. Add the capsicum, onion, mango, half the coconut milk, vanilla paste, lime juice, sweet chili sauce and Tabasco. Gently fold together, cover and chill for one hour.

Just before serving, fold in the kiwifruit, nashi, parsley, remaining coconut milk, season with sea salt and pepper to taste and gently combine. You can chill this for an additional 30 minutes if desired.

**To serve:** Carefully spoon into 4 coconut shells or martini glasses, sprinkle with chopped chives or spring onions and serve immediately. **Serves 4**

Capture the essence of Tonga with two of the recipes prepared by chef Natasha MacAller during the Heilala Vanilla "Up Close and Personal Tour".



### Heilala Vanilla Seed Panna Cotta with Rhubarb, Ginger and Pineapple Gazpacho

The rhubarb gazpacho in this lightly chilled dessert was inspired by award winning US pastry chef Claudia Fleming, with whom I had the unforgettable pleasure of working at "Cuisines of the Sun" in 2000 on Big Island, Hawaii.

Gazpacho	Panna cotta
1 kilogram rhubarb, washed and trimmed	350 mls (1 1/2 cups) cream
30 grams fresh ginger	240 mls (1 cup) plain Greek style yoghurt
pinch of sea salt	2 1/2 gelatine leaves
350 mls (1 1/2 cups) Heilala Vanilla Syrup	1 teaspoon lemon juice
1/2 a small pineapple	pinch of sea salt
1/2 a mango	2 tablespoons plus 1 teaspoon mild honey
juice and zest of 1 lime	2 tablespoons brown sugar
mint sprigs for garnish	1 Heilala Vanilla pod, split and scraped (or 1 teaspoon Heilala Vanilla Paste)

**Gazpacho:** Combine the rhubarb, ginger and vanilla syrup in large saucepan. Bring to a simmer over medium heat and simmer 10-15 minutes, stirring occasionally.

Push through a medium sieve, discarding the solids. Add salt and the juice of half a lime. Cover and chill for 3 hours or more.

**Panna cotta:** Place the gelatine sheets in a bowl of cold water to soften. Combine the cream, vanilla bean and honey in a medium saucepan and heat to a slight simmer, stirring constantly. Remove from the heat and add the salt, lemon juice and gelatine sheets, stirring to dissolve the gelatin. Whisk in the yoghurt until well combined.

Pour into 6 prepared ramekins and chill until set, about 2-3 hours.

**To serve:** Peel and core the pineapple into small cubes. Peel and dice the mango into small cubes. Ladle the gazpacho into 6 flat bowls and unmould the panna cotta into the centre. Sprinkle the fruit around the bowl and a sprinkling of fresh mint leaves. Serve immediately. **Serves 6**





Photographed at The Langham, London



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DISH PROMOTION

# Monteith's Wild Recipe Winner!

A seafood risotto matched with Monteith's Golden Lager  
has taken the top prize in a nationwide search  
for the best wild recipe and beer match...





Nearly 100 entries were submitted in Monteith's first ever Wild Recipe Competition, which challenged members of the public to create a dish using wild food and matched with a beer from the Monteith's range.

Competition was fierce, but it was Linda Hammond of Bulls with her dish of Smoky Eel, Mussel and Gurnard Risotto matched with Monteith's Golden Lager that wowed the judges.

"I was shocked to see I'd made it to the top three," said Linda. "I'd been reading all the other recipes on the site and thought the competition was of a really high standard so I didn't expect to win."

Head judge, Kerry Tyack, said Linda's match was spot on: "Monteith's Golden is a slightly sweet beer, so it was a good pairing with the smokiness in the dish."

The Manuka-smoked eels used in Linda's winning dish were courtesy of her husband and son who regularly go eeling and fishing.

Part of Linda's prize was to see her dish created by chef Mark Gregory and to attend the national cook-off of professional chefs vying for the 2010 Monteith's Beer and Wild Food Challenge in Auckland. The Challenge is in its 13th year and involves around 100 of the country's leading chefs and restaurants. Linda sat in on the judging process with head judge Kerry Tyack, chef Mark Gregory and Allyson Gofton who awarded the 2010 title to The Porch Kitchen and Bar in Tauranga.

All runner up and highly recommended recipes in the Monteith's Wild Recipe Competition can be found at [www.monteiths.co.nz](http://www.monteiths.co.nz)

### Runners up are:

- Beth Barnes, Blenheim with Mrs Macgregor's Pie
- Liz Watt, Auckland with Asian Pork Balls with Bok Choi

### Highly recommended are:

- Jonathan Mountfort, Wellington with Chilli Sesame, Beer Bread, Bacon and Eggs
- Helen Turner, Oamaru with Creamy Rabbit Pie
- Mandy Miller, Wellington with Wild Boar Sausages wrapped in Beer Pastry
- Daniel Marsden, Invercargill with Hot Mushroom Sandwich
- Darryl Patton, Auckland with Kiwi Osso Bucco



Photography by Charlie Smith

Winner Linda Hammond with chef Mark Gregory (left) and Head Judge Kerry Tyack.

## Smokey Eel, Mussel & Gurnard Risotto

*New Zealand eel and mussels, smoked with Manuka to give a unique New Zealand flavour. Mixed with the firm succulent sweet flesh of Gurnard, in a creamy risotto.*

**Beer Match: Monteith's Golden Lager**

- 1 small onion finely chopped
- 500 grams Arborio rice
- 300ml dry white wine
- 2 cups light simmering fish stock
- 150 grams unsalted butter
- 1 large lemon, zest and juice
- 50 mls cream
- 5 cm horseradish grated finely
- 4 tbsp chives finely chopped
- 100g smoked eel (no skin or bones, cut into small pieces)
- 6 Gurnard fillets no bones
- 12 smoked mussels (free of shells)
- freshly ground black pepper
- salt if needed

Using a heavy-based pan melt butter and cook onion until golden, but not browned.

Add rice, stirring to coat in butter. Add the wine, turn heat up and cook, stirring until wine has reduced by two thirds. Slowly add hot stock about 150ml at a time, stirring well at each addition.

Cook until tender, after about 20 minutes you may need a little extra stock or hot water. In the last 5 minutes add fish and eel and smoked mussels. Add the lemon zest and juice, stir in well. Season to taste. Sprinkle with chives.

Whip the cream, add the horseradish and serve alongside the risotto.







Judith Holtebrinck (centre with orange spade)  
and helpers at a Mt Eden planting day



# serendipitous sustenance

Getting a daily fix of fresh fruit could  
become a walk in the park thanks to the  
efforts of local community groups...

**Fruit plucked straight from** the tree and devoured is one of life's true pleasures. Sadly, most of us find our fruit stacked inside supermarket chillers well after they've been harvested. But a movement making just-picked produce more readily available to local communities is gathering momentum.

Judith Holtebrinck is the driving force behind 'Fruit Trees for Auckland'. Facilitated by Judith's environmental action group, The Mt Eden Village People, and funded by the Eden/Albert Community Board, the project has seen more than 100 fruit trees planted on council and public land in the central city suburbs of Mt Eden and Mt Albert.

First planted this year, the trees have yet to bear any fruit, but that hasn't stopped the community from getting behind the project.

"Everyone has been so supportive," says Judith. "They see the beauty of picking fresh fruit for themselves not just because it is free, but also because of the small food miles and wanting to eat things in season. With the population growing the way it is, people need to become more creative about where they get their food from, so utilising public spaces makes a lot of sense."

The scheme, which is in a pilot phase, has also been popular with schools and kindergartens. Teachers and parents have enjoyed teaching children about seasonality and plant life cycles and when they do fruit, the children will have easily accessible healthy snacks.

Across town, the Tamaki Community Board has funded a similar project – this time with the emphasis on bringing fresh fruit to lower socio-economic communities.

"We wanted to do something positive that would last well into the future," says Tamaki Community Board chair, Kate Sutton. "What we have learned from the recession is that the cost of fresh produce has become prohibitive for a lot of families and there's a real need for these staple foods so people can lead healthy lives."

The Board has planted mature citrus trees, including mandarin, tangelo and oranges, dotting them along suburban streets and in parks to begin with.

"The main test for us was whether people would put their money where their mouths were and actually work with us to look after the trees, and they have," says Kate. "They feel proud to take ownership of their local trees and it really has brought the community together."

As with the Mt Eden project, Tamaki's scheme is also a pilot, but Kate believes it will be adopted by Auckland's new Super City structure when it is reassessed next year.

"We've had heaps of interest and not just from other low socio-economic communities. People living in more expensive neighbourhoods are seeing the benefits of having community and publicly accessible fruit trees, so I wouldn't be surprised if we see projects like this spreading all the way across Auckland."

**"People need to become  
more creative about where they get  
their food from, so utilising public  
spaces makes a lot of sense."**

In the South Island, the Open Orchards scheme has been running for several years. More than 500 fruit and nut trees have been planted throughout the Nelson and Marlborough regions on publicly accessible land and each one can be found on a specially constructed Google map.

This year the Nelson Environment Centre has been funded by the Nelson and Marlborough DHB to administer the distribution of a further 255 trees in the area. Each tree has to be located in a freely accessible space so Elizabeth Hovell of the Open Orchard Scheme works hard to ensure that will always be the case.

"All the trees are placed on the map with the idea being that people can identify what it is they want to find, be it walnuts or



grapefruit, and then they go and get them with no problems at all regarding access."

Happily, she says exploitation of the free produce has never been an issue.

"People feel a responsibility to take just what they need and to make sure there is plenty there for others to enjoy."

Similar initiatives also operate in Spain, the United Kingdom, Australia and Canada, who have been experimenting with their own public fruit tree schemes for some time.

In the United States, urban design and landscape specialist Darrin Nordahl advocates for central and local governments to free up space to use as public vegetable gardens and orchards. Currently working as a town planner in Iowa, he has recently written a book, *Public Produce: The New Urban Agriculture*, which makes a case for government to shape food policy by way of including edible garden zones in and around cities.

Darrin says health issues like childhood obesity and Type 2 diabetes have prompted legislators to think laterally about fresh fruit and vegetable accessibility. Coupled with the recession, this has meant lower-socio economic groups have less opportunity to eat well.

"It's socially responsible for local and central governments to invest more into public agriculture and help those in need by giving them the opportunity to freely eat fresh fruit and

vegetables. People here have become pretty stupid about food and I think that's in part because they don't ever see where it comes from. They don't know about seasonality and that there are more than four different types of potato and they have limited their food choices because of that."

Another reason for public agriculture: it's good for the environment.

"People are also realising that it's not environmentally responsible to plough resources into watering and mowing immense lawns," says Darrin. "Councils and government should be planting things that people can use."

As well as this, he says there is nothing better than serendipitous sustenance. "Being able to just pick an apple off a tree at a park when you are out on a walk is a wonderful thing. In the Middle East there is a saying that a traveller should not go hungry and I truly believe in that."

This time next year, travellers up and down Mt Eden may find they are in luck too. Judith and her helpers recently planted ten fruit trees on the mountain so they can be enjoyed by anybody who passes beneath them. ●

For more information visit online:

[mtedenvillagepeople.co.nz](http://mtedenvillagepeople.co.nz)

[healthyas.org.nz/fresh-foods/open-orchards](http://healthyas.org.nz/fresh-foods/open-orchards)

[darrinnordahl.com](http://darrinnordahl.com)



## BRAISED LAMB SHANKS WITH GARLIC AND PORT

Prep: 15 minutes • Cook: 2 hours 40 minutes • Serves: 4

4 lamb shanks  
salt and ground black pepper to season  
1 tbsp tomato paste  
½ tsp brown sugar  
½ cup port  
1 tbsp cornflour  
2 cups Essential Cuisine Lamb Stock  
(500g, 2 x 250g pouches)  
2 whole heads garlic, halved across diameter  
1 tbsp finely chopped fresh ginger

*Make ahead: shanks can be cooked up to 2 days ahead and kept chilled, or frozen for longer.*

Preheat oven to 220°C. Arrange shanks in a single layer in a roasting pan. Season with salt and pepper and roast for 40 minutes or until lightly browned. Meat can be prepared to this point well ahead of time. Transfer shanks to a deep casserole dish and put to one side.

In a medium sized bowl, mix tomato paste with brown sugar and port. Whisk in cornflour until there are no lumps and then stir in **Essential Cuisine Lamb Stock**.

Sprinkle ginger and garlic halves around the lamb shanks, then pour over the liquids mixed with cornflour (meat should be half to three quarters submerged where possible).

Reduce oven heat to 160°C. Cover dish and bake for 2 hours or until very tender.

Serve each shank with a garlic half and the hot sauce. Accompany with mashed sweet potatoes and lightly cooked bok choy.



Recipe by  
Annabel Langbein

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Photo by Vanessa Wu



# a fresh menu

Food Director Catherine Bell takes a trip down a culinary memory lane...

As I was writing the 'Cooking with' column about broad beans for this issue, I pulled Alice Waters' book *Chez Panisse Vegetables* off the shelf, hoping she would have some good words to say about this somewhat maligned vegetable. When I opened it, out fell some papers and I was delighted to see a signed menu of my first pilgrimage to her famous San Francisco restaurant, Chez Panisse, on May 6th 1996. Not only did it bring back a great culinary memory but I also noted that on the simple spring menu were fava (broad) beans which, together with whole new garlic were served with spring lamb and saffron rice.

ago I would never have thought to do that for fear of an overpowering garlic flavour and taste. In fact I once had a cooking job in which I wasn't allowed to use garlic, so feared was it. These days it seems most people love the flavour garlic brings to a dish.

Another ingredient that appeared twice on that Chez Panisse menu was Meyer lemons. Obviously there must have been a flood of them in the kitchen that day. They added gentle acidity to a vinaigrette for the asparagus, artichoke and frisée salad that started the meal and were the main ingredient in the dessert – a simple

I have enjoyed there subsequently is really the simplicity of the Chez Panisse concept – that of the set menu. The restaurant itself exudes simplicity: decoration coming from large vessels filled with the season's produce, placed randomly around. The service is simple too, but excellent at the same time. No pomp or ceremony, just well informed, understated wait staff who are obviously proud to work there.

It's rather nice for a change not to have to choose from a menu. For some this might be unnerving, but for me it's exciting to be served whatever the chef feels is freshest and best on the day. There aren't many opportunities to dine this way in New Zealand. The closest thing I've experienced is at Restaurant Schwass where chef Jonny Schwass' philosophy could be said to mirror that of Alice Waters. Jonny offers three courses at an incredibly reasonable price, but you do get to choose from a small selection in each category and can have fewer or more courses if you wish.

I imagine it would be nigh on impossible for any restaurant in New Zealand to survive by offering a single and different set menu each day, although Chez Panisse has been doing just that successfully for 39 years. In fact it was their birthday on August 28th and if you'd been there you would have dined on pâté de campagne, heirloom tomato salad, Sonoma Liberty duck breast and confit with olive sauce and wild fennel purée, garden lettuces and plum tart with peach leaf ice cream – all for US\$60. Don't you wish you'd been there? I do.

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For more information visit online:  
[chezpanisse.com](http://chezpanisse.com)  
[restaurantschwass.com](http://restaurantschwass.com)

## It's rather nice for a change not to have to choose from a menu.

This is one of my earliest memories of actually enjoying broad beans – little bright green nuggets of nutty sweetness, rather than the grey, tough-skinned mealy things that used to appear on my dinner plate from time to time as I was growing up and that, without fail, I would firmly and stubbornly push to the side and refuse to eat.

This trip down memory lane also got me thinking about how much our knowledge of and attitude towards food has changed over the last 30 years. With that meal I not only discovered how delicious broad beans could be (oh, how I wished my mother had made that discovery), but also what a delight young, immature garlic is. Since then I have been on the lookout for new garlic every spring, which I peel and add whole to spring vegetable stews where they become sweet and unctuous. A few years

Meyer lemon tart Provençale which I seem to remember was a bit like a lemon meringue pie with the thinnest, shortest pastry underneath an intense lemon curd and a cloud of just set meringue on top, slightly gratinéed to give it colour. I can still remember when New Zealand lemons were pale and thick skinned; it's only fairly recently that bright, waxy, thin-skinned and ultra juicy Meyer lemons have become commonplace.

Although you might be thinking that this meal, in what was then and is still now one of the most renowned restaurants in the States, cost me a fortune – it did not. That night was a Monday, and Monday nights are the cheap nights at Chez Panisse. I dined for just US\$35 (about NZ\$50 at today's rate) plus service and tax. No doubt I added a glass of wine to that.

The highlight of that meal and the several



# Shine with Te Hana

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Te Hana – outshine the ordinary.

## Coconut and Indian Spiced Tempura Prawns

20 large peeled raw prawns, tails on

Tempura batter

1 cup coconut cream, chilled

½ cup soda water, chilled

½ cup tempura batter (available from good supermarkets and Asian specialty stores)

1-2 tablespoons mild or spicy Indian spice mix

1 tablespoon black sesame seeds

1 teaspoon sea salt

To cook

1-2 cups long thread coconut canola oil for frying

Heat 6 cm of canola oil in a medium-sized, deep saucepan or wok until 170°C. A deep fry thermometer is useful here.

Put the coconut cream and soda water in a large bowl. Combine the tempura batter, spice mix, sesame seeds and salt and gently mix into the coconut cream to make a lumpy batter.

To cook: Put the coconut in a bowl and have an empty plate next to it. Dip a prawn in the tempura batter, letting the excess drip back into the bowl. Holding the prawn over the plate, sprinkle with the coconut. If you hold it over the bowl of coconut, it will become glued with batter. Carefully place in the oil and cook for 2 minutes until golden and crisp, turning over after 1 minute. Drain on kitchen towels. Cook only as many prawns as will comfortably fit in the pan at once. Makes 20



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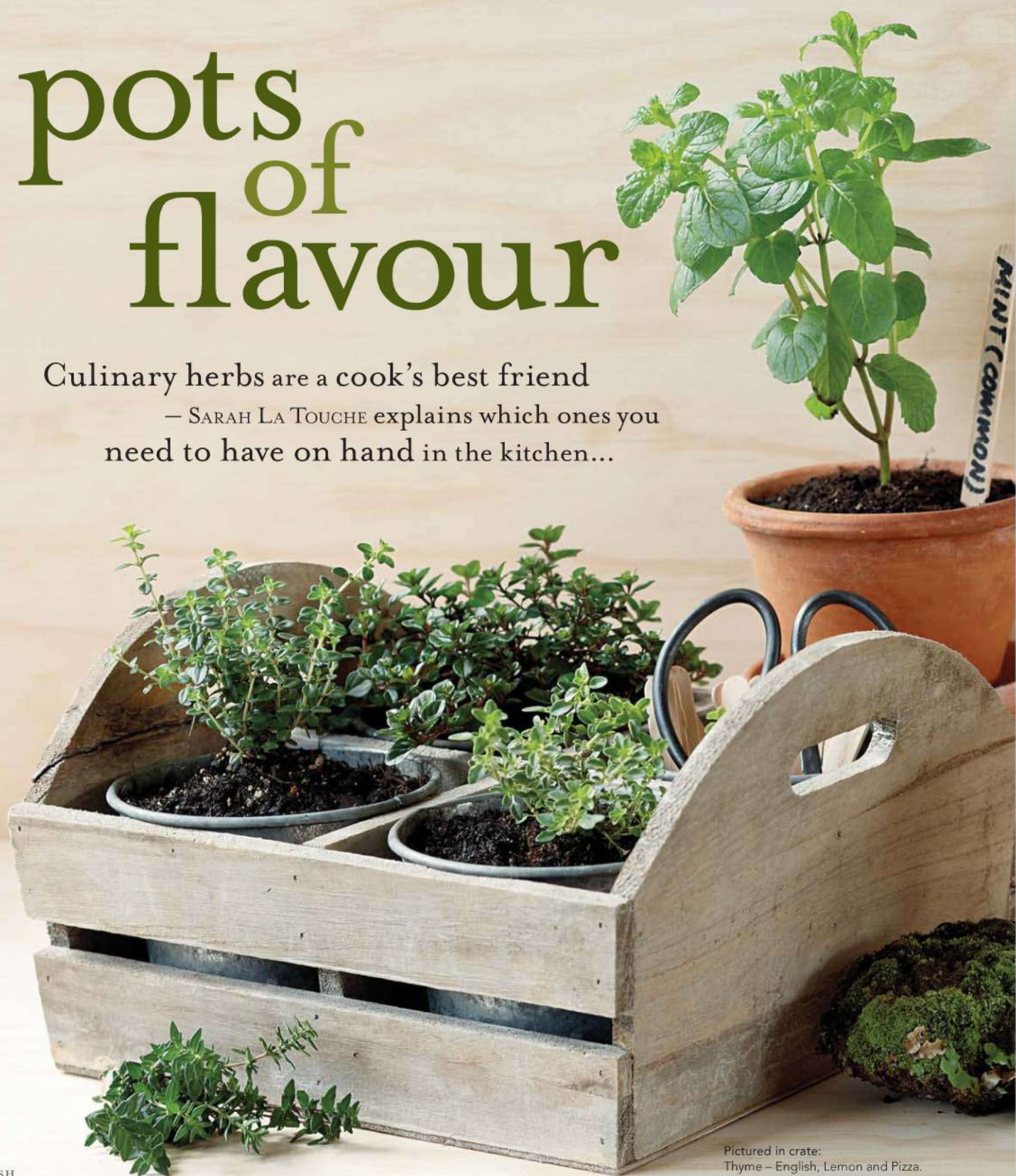




# pots of flavour

Culinary herbs are a cook's best friend

— SARAH LA TOUCHE explains which ones you  
need to have on hand in the kitchen...



Pictured in crate:  
Thyme – English, Lemon and Pizza.



**Whether it's sprigs of** rosemary dotted into a leg of lamb, coriander leaves sprinkled over a Thai green curry, or mint chopped through strawberries, culinary herbs can add delicious complexity to the plainest of dishes.

Herbs can bring character and depth, or complement and accentuate when added to a sauce, braise or soup, chopped and ground to make a rub, paste or pesto, tossed through a bowl of crisp lettuce leaves, or used simply as a beautiful garnish.

The leaves of a herb contain a mix of water and volatile oils. A herb's flavour and aroma are stored in the oils, which is why they are tastiest fresh. As with all oils, when exposed to strong sunlight, excess oxygen or intense heat, the aroma molecules become damaged and lose their pungency. This is why some dried herbs end up tasting and smelling like hay – as the water evaporates, so too does the oil.

Freeze-dried herbs defy this phenomenon, however. A complicated but efficient process preserves the flavour in the oils, meaning freeze-dried herbs are pricier than standard dried herbs but the intensity of flavour is far superior.

## TYPES OF CULINARY HERBS

**Basil** – this annual worships warmth and sunshine. There are numerous varieties from broad-leafed, perfumed and mildly spicy, to the small-leafed bush basil, which is intensely flavoured and famous for making Genovese pesto and *soupe au pistou*, a fresh vegetable soup from France. The attractive purple-leafed variety is slightly tougher in texture but equally tasty, while Thai basil is hot, aromatic and anise-flavoured. Flavour profiles depend on the variety, growing conditions and the stage at which the basil is harvested. It is great with tomatoes, eggplant, garlic, pasta, chilli, grilled capsicum, ricotta or fresh mozzarella, olive oil and lemon. Chop or tear when adding to dishes, but either way do it at the last minute as an enzyme in the leaves will turn them brown if left too long.

**Bay leaves** – from the evergreen bay laurel tree, which is native to the Mediterranean. Highly fragrant with notes of eucalyptus and clove, the leaves are commonly used dried to flavour sauces, stocks, soups, casseroles and many meat dishes. Use it fresh for extra zing in marinades and discard before serving or leave in to garnish. Crumble it onto barbecue coals to perfume grilled meats and fish. Can be used with practically anything savoury.

**Chervil** – one of the essential herbs in the classic French *fines herbes* mix (see pg 63). It has small, delicate leaves similar in shape to coriander. The flavour is elegant with hints of anise or tarragon and is superb with shellfish and white fish, or to flavour fine sauces. Chervil also makes a handsome garnish.

**Coriander** – known as cilantro in the USA, this native of the Mediterranean has a fresh, heady fragrance with a slight aniseed flavour and waxy texture. Synonymous with South-East Asian and Mexican cooking, the leaves are used fresh mostly, as its flavour diminishes when heated. The roots and stems can be pounded to make stunning curry pastes and marinades. Add the stems to soup bases for background flavour.

**Chives** – part of the onion family with flat, intensely flavoured leaves that grow from a mass of tiny bulbs. Chinese chives are slightly bigger with a garlicky hint. Chives are fantastic added to dressings, sauces, folded through a savoury scone mix or added at the last minute to





Clockwise from top: Vietnamese mint, coriander, curry leaves, Kaffir lime leaves, Thai basil.





bacon and egg pie or a goat's cheese tart. Use chives to garnish dishes either chopped or whole. They like to be paired with seafood and poultry, eggs, cheese, salad greens and beetroot.

**Curry leaves** – from a small shrub related to citrus, and a native of Southern Asia, they don't actually taste of curry but have a sweet, musky fragrance. Use them fresh or dried in Asian curries, dahls, vegetable dishes and soups. Sauté in a little ghee (Indian clarified butter) or oil with other spices before adding the main ingredients, and leave them in the dish during cooking. Available fresh at many Asian specialty stores. They also freeze well.

**Dill** – feathery, dark green fronds which add a delicious freshness to food. This herb was made to go with salmon, sour cream and pickled gherkins. Toss it through cooked beetroot with yoghurt, fold through creamy, cold potato salad or sprinkle over green salads, peas and rice. The seeds can also be used in much the same way as fennel – try adding to a vinaigrette.

**Fennel** – another member of the carrot family, with slightly coarser, feathery foliage. Fennel is best known for its seeds, or the root bulbs of Florence fennel, but the leaves



Pictured front: Italian flat-leaf parsley.



are equally flavoursome. With its distinct sweet anise aromas it is a natural companion to fish. Bake a whole trout on a bed of fennel leaves or stuff some into the cavity of a whole snapper. Use in fish stock, bouillabaisse, in salads, to grill young rabbit or small poultry.

**Hyssop** – fresh, spicy and aromatic with notes of anise. Hyssop is one of the flavour components for making liquorice, the liqueur Chartreuse, and the perfume Eau de Cologne. It is used in Asian cooking, especially Thai and Vietnamese cuisine. Use the leaves sparingly in salads and soups, and chopped finely in marinades for meat.

**Kaffir lime leaves** – also known as Makrut, this member of the citrus family has dark, shiny, intensely aromatic leaves used to perfume many Thai, Laotian and other South-East Asian dishes. The leaves have fresh, citrusy, lingering green notes – use like bay leaves when adding to soupy curries. They are excellent with fish, meats, tropical fruits like mango and papaya, and sticky rice puddings. The leaves can be shredded finely (known as cutting *en chiffonade*) and used as a garnish or to perfume rice dishes. The rind can be grated into salads and sauces, but is less remarkable in flavour. The pith and juice of the fruit is quite bitter and unappealing. The leaves can also be frozen.

**Lemon balm** – citrusy, floral and fresh, lemon balm makes a refreshing tea. Chop the leaves finely and sprinkle through strawberries or other summer fruits with some sweet wine like Muscat or Dubonnet. Pop into cooling cocktails or cordials or flavour delicate sauces to serve with fish or chicken.

**“A herb’s flavour and aroma  
are stored in the oils, which is  
why they are tastiest fresh.”**

**Marjoram** – belongs to the mint family and has an intense, aromatic flavour. Beautiful in salads and a myriad of vegetable dishes, with grilled meats and fish, as well as pulses like lentils, chickpeas and white beans. Very good with shellfish and squid or try chopping into a fresh carrot salad with toasted almonds or peanuts. The flavour can diminish with cooking, so add towards the end, or use raw.

**Mint** – a large family with a range of flavour profiles. Spearmint (or common mint) and peppermint are the most common. Use them in sweet and savoury dishes, with fruit like strawberries or pineapple, or make a fresh mint sauce with sugar, water and a dash of vinegar, to serve with spring lamb. Chop and fold mint through grains like couscous or quinoa, or add to stuffings. Vietnamese mint has a distinctive long pointed leaf and a wonderfully refreshing flavour. Use to garnish Asian soups like laksa or stir-fries. Most pungent when used fresh.

**Oregano** – also referred to as wild marjoram, oregano is another member of the mint family, with more than 40 different species ranging from mild to intense. Greek oreganos are famous for their richness. Oregano becomes even stronger when dried – Sicilian oregano is an example of this. Use in pasta sauces, on pizza, for garnishing flat breads, with grilled meats (especially lamb) or to flavour soups.

**Parsley** – perhaps one of the most well known of the culinary herbs, its distinct green, almost metallic flavour goes with so many foods.

Flat-leafed (also known as Italian) parsley is strongest when young, while the curly-leafed variety starts out mild then becomes much more intense. Parsley is essential in a *bouquet garni* (see pg 63), for making stocks, flavouring butters and sauces and as a garnish.

**Rosemary** – a must-have when marinating meats, especially lamb. This aromatic evergreen shrub is also great with tomatoes, fish, pork, and beef. Use it finely chopped to make sweet sablé biscuits or look for rosemary flavoured honey to drizzle over ice cream. Even the ornamental shrubs can be used in cooking.

**Sage** – with around 1000 species in the family, the most common cooking varieties are green or purple sage; pineapple sage (a sweeter milder version), or clary sage, which is perfect for making tea. Use in stuffings for poultry or pork, as a rub for grilling meats, chopped finely and folded through gnocchi, or mixed with ricotta to stuff ravioli. Try two leaves with an anchovy in the middle to deep-fry as a crispy flavoursome pre-dinner nibble, or simply pan-fry the leaves in good butter and pour over zucchini or poached broad beans. A stunning herb to use in meat braises and stews.

**Tarragon** – Russian tarragon is bitter and not worth using in cooking but cultivated French tarragon contains a phenol called estragole, giving it an attractive anise, almost tongue-numbing flavour. Use tarragon fresh with chicken, eggs, cream and asparagus, for pesto or in salads. Use it dried in sauces like the classic Béarnaise, in the French *finest herbes*, or to flavour vinegars or poaching liquids.

**Thyme** – a low growing perennial native to the Mediterranean basin, there are some 60 -70 species of thyme. *Thymus vulgaris* is the most common, with heady, spicy aromas. It is ideal for adding to a bouquet garni when making stocks or poaching meats and fish. Add it to soups, braises or stews for depth of flavour, or throw stems on the barbecue when grilling meats. Lemon thyme has small grey-green leaves and loves pairing with poultry, dark, oily fish or white meats like rabbit. Pizza thyme has a dark green robust leaf with a less intense flavour. As the name suggests, it goes well with tomato sauces sprinkled over a delicious homemade pizza. All thymes are most intense when in bud just before flowering.

## STORING HERBS

Freshly cut herbs can be stored for easy use. Wrap them loosely in a paper towel (to help absorb moisture and reduce spoilage) and then place in a plastic bag and store on the lower shelf of your refrigerator.

Softer herbs such as basil, coriander and flat-leaf parsley are best kept at room temperature with the stems sitting in a little water. Trim the stems daily for optimum freshness.

Freezing works well for tougher leaves such as bay, curry and kaffir lime. You can also freeze soft-leaved herbs like chives, basil, tarragon, parsley, coriander, lovage and dill, although they will never be suitable for garnishes. Because of their high water content the freezing process damages the structure of the herb, while the flavour remains. Use these herbs to add to soups, sauces and stews. They will keep for six months in the freezer.

To freeze, lay the herbs out on a baking tray lined with baking paper and freeze. Then place the frozen herbs in an airtight freezer bag and return to the freezer. Or roughly chop the leaves and pack them into ice cube trays, each about one third full. Fill with water or stock and freeze. Remove and tip into freezer bags for storage. Basil can be puréed with olive oil and frozen this way without the water.



Clockwise from top left:  
basil, marjoram, purple sage,  
sage, purple basil, oregano.





### NEW ZEALAND NATIVES

**Horopito** – the leaves from a plant also called New Zealand pepper tree. Use it dried as a condiment for adding bite to meat rubs, curries, or marinades. It can also be infused in culinary oils for dressings, and cooking meats and fish. Mix with sea salt to spice up a steak on the barbecue. Proven to contain anti-fungal and antioxidant properties.

**Kawakawa** – an innocuous shrub with deep green heart-shaped flat leaves. Sometimes referred to as Maori bush basil, the leaves are used mostly dried as a rub or flavouring for meats and fish. They can also be picked fresh though and steeped to make a tea for medicinal purposes.

Great Taste NZ dried horopito and kawakawa kindly supplied by Little Karoo.

Tins and wooden crate shown pg 56, 59 from Tully & Gardener. See 'Where to Buy' pg 129.



From left: French tarragon and hyssop (in cream pail), rosemary, lemon balm, bay leaves.



### DRYING YOUR OWN

Many herbs can be dried at home to preserve them for use over colder months. Air-drying is the safest and cheapest way. Harvest the herbs late evening or early morning with scissors, keeping the stems long. Wash them if you must but make sure they are dried well in a salad spinner or with a hair drier on low as any residual moisture can cause mould and spoilage. Remove any damaged foliage and bundle them up. Take a large paper bag punctured with air holes for ventilation and place that loosely over the herbs. Tie with string at the base and hang upside down in a warm, dry place (around 20°C is ideal) for 1-3 weeks, depending on the climate. Check for mould from time to time.

Herbs that grow well in hot, dry conditions like sage, rosemary, oregano, marjoram, thyme and bay all dry well this way. When they are crisp and dry, drag your thumb and fingers along each stem to remove the leaves. Store in airtight glass jars in a dark place. Dried herbs are best used within one year. Dried herbs are considered more potent than fresh; as a rule of thumb 1 teaspoon of dried herbs is equivalent to 1 tablespoon of fresh.

### HERBS IN COOKING

**Fines herbes:** a mixture of chopped aromatic herbs (usually parsley, chervil, tarragon and chives) used to flavour soups, sauces, marinades etc.

**Bouquet garni:** a selection of aromatic herbs, usually tied together or wrapped in a muslin cloth, used to flavour dishes but removed before serving. You can make your own with a few sprigs of parsley, a sprig of thyme and a couple of bay leaves tied with kitchen string. Bouquet garni are also available in packets from the supermarket or specialty food stores. •

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# METAPHORICALLY SPEAKING PEARS ARE LIKE A CHOCOLATE TEAPOT

Whoever heard of comparing Pears with Pears?  
Or being the pear of someone's eye? No.  
Monteith's Crushed Apple Cider is superior to Monteith's  
Crushed Pear Cider for reasons both sensible and poetical.  
How do you like them apples?

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# by the glass

Yvonne Lorkin rounds up the new offerings for spring and awakens her inner Nana...

## CLASSY, BUT NOT GLASSY...

Thank the Lord! Now there's no more worrying about those tacky, flimsy disposable plastic wine glasses tipping over and spilling your valuable wine at your next outdoor summer concert. Why? Because the fantastic, stemless, shatterproof, recyclable, reusable govino glasses are finally here! Shaped like a professional wine tasting glass and ergonomically designed to give you the perfect 'swirl', govino glasses are now a permanent fixture in my picnic basket. Made from a food/pharmaceutical safe polymer, govino glasses actually reflect the wine's colour and aromatics, much like crystal. Better yet, they don't smell 'plasticky' and the rounded lip means no more cuts to the corners of your mouth. For a set of four glasses that will last you an entire season they're a bargain at RRP\$22. To order visit online at [govinon.co.nz](http://govinon.co.nz) or in Australia at [wineonthego.com.au](http://wineonthego.com.au)

## NEED A JP?

Emerson's Brewery in Dunedin have released their 2010 version of JP, an India Pale Ale brewed in honour of the late Professor Jean-Pierre Dufour, who, until

his death in 2007, was the Chair of Food Science at Otago University. Belgian-born JP (as he was affectionately known) was a great friend of the Emerson Brewing Co team and a champion of New Zealand craft brewers. Each JP release from Emerson's is designed to showcase the diversity of Belgian brewing techniques. The 2010 version is brewed to the Tripel style with Belgian yeast and New Zealand and American hops. It's rich and malty, with citrus and clove notes and a delicate, drying finish. \$9 for a 500ml bottle. For stockists visit online at [emersons.co.nz](http://emersons.co.nz)

## MISTY EYED

Because I'm usually up to my eyeballs in wine, a snifter of whiskey liqueur these days is a rare treat indeed and I've recently rediscovered Ireland's legendary Irish Mist. Now in a tall, clear bottle and made to a slightly-tweaked recipe, which makes it much smoother and mellow, it's just sensational. I love it neat, but a squeeze of lime or a splash of cola is heavenly.

## KIDNAPPER CLIFFS

Two high profile New Zealand wineries, Hawke's Bay's Te Awa and Martinborough's Dry River, have joined together under the guiding hands of their winemakers Ant Mackenzie and Dr Neil McCallum to launch new premium wine brand, Kidnapper Cliffs.

The 2009 Kidnapper Cliffs 'Solan' Sauvignon Semillon takes its name from an old mariners' term for the gannet bird, which make their home on the cliffs of Cape Kidnappers. There is also a 2009 Chardonnay, a 2009 Pinotage, a 2009 Syrah and a special Merlot/Cabernet Franc blend called the 2008 Kidnapper Cliffs 'Ariki', a solid red which oozes cellaring potential. Owners of Te Awa and Dry River wineries, the Robertson family, also own luxury

resorts Kauri Cliffs and The Farm at Cape Kidnappers. For more details visit online at [kidnappercliffs.com](http://kidnappercliffs.com)

## SHERRY, OH BABY!

The newly imported range of Barbardillo sheries has awakened my inner Nana and I couldn't be happier. They're rustic and ready, the way authentic Spanish sherry ought to be. But if you prefer a more modern twist, importer Catherine Cook from Casa Aragon offers a few tips on how to glam it up.

- half Barbardillo Manzanilla sherry topped up with half fresh lemonade makes a "Rebujito", a popular summer drink in Spain.
- pop a lightly squeezed orange segment into a goblet of Barbardillo Cream sherry with some crushed ice.
- a splash of Barbardillo Pedro Ximénez (or 'PX' as we say in the trade) with fruit cake, a chunk of Wensleydale or other strongly flavoured cheese, or with dollops of ricotta smeared on green apple slices.

## SPRING SEEDS

Fans of organic wine can now enjoy the 'Four O'Clock Chardonnay' and 'Scarlet Runner Shiraz' from McLaren Vale's Spring Seed Wine Co. With cute labels reminiscent of old-school seed packets they definitely signal all things spring

## LONGTIME BUYER, FIRST TIME CALLER

The latest in mobile phone technology is giving buyers of Marlborough's Whitehaven Wines a new insight into its 2010 Sauvignon Blanc.

Whitehaven has added a QR ('quick response') code to the bottle, which is a two-dimensional barcode capable of

Below: govino glasses arrive in New Zealand.







From left: Irish Mist, Barbadillo Fino, Te Hana Sparkling Reserve Cuvée, Spring Seed Wine Co. Shiraz, Emerson's JP.

holding a massive amount of information compared with the old-fashioned bar codes found on retail products.

Customers with 3G capable cell phones can download the free QR code application and then scan the code with their phone, which then transfers them to the wine's detailed tasting notes on Whitehaven's website.

Originally developed in Japan to track vehicle parts, the QR code is now being

used as a speedy way of relaying more detailed information for a large range of consumer items.

### SPARKLE FOR SPRING

Spring has well and truly sprung and among the flood of new release wine in the shops is a brand new range of sparkling wines set to make a splash. Meaning 'To shine' the Te Hana range consists of a Reserve Cuvée, a Sparkling Sauvignon Blanc and a Sparkling

Rosé. The Reserve has richness, texture and length, the Sparkling Sauvignon is so juicy, tropical and floral you'll be tempted to dab some behind your ears and the Sparkling Rosé is light, sweetly tempered and perfect with pretty cupcakes. Distributed by Lion Nathan.

And if you thought sparkling Sauvignon was stretching the boundaries as far as fizz goes, then you may want to sit down. Waipara Hills have released their first sparkling Riesling. Dubbed the Waipara Southern Cuvée (\$21) it has classic lime and green apple notes with a touch of sweetness to add oomph to the texture, but it is also incredibly crisp, clean and refreshing to drink. It could be just the ticket to making more people choose Riesling – let's hope. Visit online at [waiparahills.co.nz](http://waiparahills.co.nz) for details. ●

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# WHEN IT COMES TO PUNS APPLES SIMPLY CAN'T COMPEAR

Sorry about that but it just goes to show. In fact the pear is flexible with both words and foods.

Like Monteith's Crushed Apple Cider, Monteith's Crushed Pear Cider makes an excellent accompaniment to many cheeses and sweets, except some might say it pears up even better.

**How do you like them pears?**

FOLLOW THE DEBATE AT  
[MONTEITHS.CO.NZ/APPLEVPEAR](http://MONTEITHS.CO.NZ/APPLEVPEAR)

APPROVED Standard Drinks [www.drinkresponsibly.co.nz](http://www.drinkresponsibly.co.nz)



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# the clever kitchen series

Brought to you by Fisher & Paykel

When you've finished cooking up a storm in the recipe section, you will need a dishwasher that can cope with the clean up. Introducing the DishDrawer® Wide...



## Key Benefits

- Holds large plates through to small plastics
- Unique detergent mixing technology
- Flood protection system
- Adjustable racking system

## Dishwashing vs Handwashing

- Dishwashers are water and energy efficient.
- They provide optimum cleanliness, using water at up to 70°, whereas the hottest temperature for water from a tap is just 55°C.
- Dishwashers can kill food poisoning bacteria, whereas re-using a tea towel to dry dishes could put those bacteria back onto the dishes.
- Labour saving! Dishwashers free up more time to spend with friends and family.

**Top Tips** As a 4-Star water rated product, you know your DishDrawer® Wide will be kind on the environment. You can do even more by sending your old appliances to Fisher & Paykel Recycling at the end of their life, ensuring they don't end up in the landfill. The Fisher & Paykel Recycling Centre has been taking old appliances for over 17 years and processes over 30,000 appliances annually.

When Fisher & Paykel invented DishDrawer®, it revolutionised not only how people washed dishes, but also how kitchens were designed. With 12 years of continuous improvement to reliability, wash performance and environmental impact, the new generation DishDrawers® are a perfect fit in every new kitchen.

DishDrawers® allow people to split the light from heavy washing loads and because on the double models the two drawers operate independently, one can be cleaning dishes while the other waits for the last of the dessert plates. The new DishDrawer® Wide not only offers super quiet operation but also gives excellent drying performance with fan assisted drying.

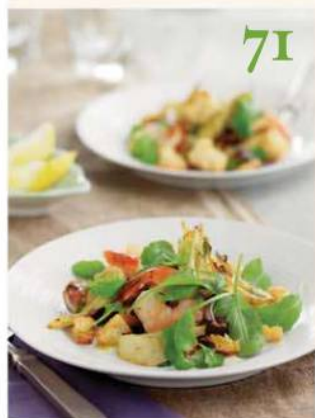
The new DishDrawer® Wide makes dishwashing easier than ever: big enough to take a full dinner load, yet gentle enough to clean your delicate tall stemware. With more features and technology than ever before, the DishDrawer® Wide offers superior washing performance with a simplicity of use and stylish looks that complement any contemporary kitchen.

## DishDrawer® Wide Features

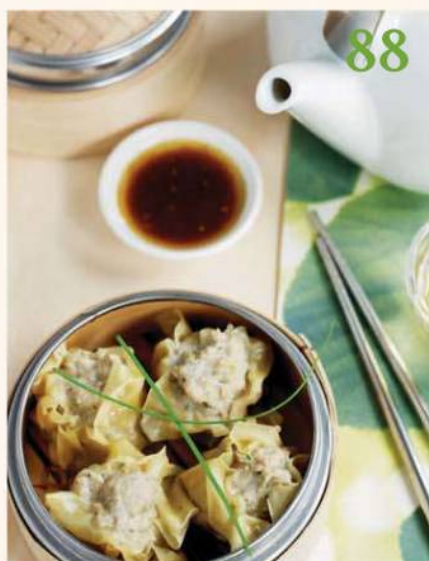
- Choice of 9 wash programmes
- Easy to use control panels
- Fully adjustable plate racks
- Takes 9 place settings
- Holds plates up to 315mm
- Flow through detergent dispenser for a better wash performance
- Three-stage Flood Protection
- Child lock and delay start options
- Energy saving Eco Wash programme
- 3-Star energy rating
- 4-Star water rating
- EzKleen Stainless, Iridium Stainless Steel or fully integrated models available

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# Spring is in the air

Spring brings a wealth of new season's produce



## Zucchini, Mint and Goat's Cheese Pizzas

4 teaspoons dried yeast	large handful mint leaves, roughly chopped
300 mls tepid water	sea salt and freshly ground black pepper
500 grams plain or '00' flour*	4-6 small zucchini
1 teaspoon fine salt	100 grams goat's cheese, crumbled
<b>Topping</b>	2 tablespoons pine nuts
6 tablespoons extra virgin olive oil	several pinches sumac*
large handful basil leaves, roughly chopped	

**Dough:** Sprinkle the yeast into 100 mls of the water. Leave to dissolve and foam slightly for about 10 minutes. Add 2 tablespoons of the flour to the yeasted water and stir gently to combine. Add the remaining water, cover with a tea towel and leave for 20-30 minutes or until bubbling and foamy.

Place the remaining flour, reserving a couple of tablespoons for kneading, in a large bowl and stir in the salt. Make a well in the centre and pour in the yeast liquid. Work the ingredients together with a wooden spoon, drawing in the flour as you go, until it comes together.

Using your hands, transfer the dough to a lightly floured surface and knead for about 10 minutes or until smooth and elastic. Form into a round ball then place in a clean bowl, covered with a tea towel, for 1-1½ hours or until doubled in size.

**Topping:** Place the olive oil and most of the basil and mint in a large bowl. Season well. Trim the ends off the zucchini then slice into thin ribbons using a potato peeler or mandolin. Add to the bowl with the oil and herbs and toss well to coat. Set aside.

**Assembly:** Preheat the oven to 220°C.

Punch the dough down, knead for about 5 minutes then divide into 4 balls. The dough can be frozen at this stage. Roll each dough ball into a 25-30 cm diameter circle and place on lightly floured oven trays. Rest for a further 10-15 minutes.

Divide the zucchini mixture evenly between the 4 bases then top with crumbled goat's cheese and pine nuts. Cook in the middle to top part of the oven for 15 minutes or until crisp and golden and the base is cooked through. Remove from the oven and sprinkle over the remaining herbs and a pinch of sumac. Drizzle with a little extra olive oil if desired and serve immediately. **Makes 4 pizzas**



### Pantry notes

**Italian '00' flour:** finely ground high grade durum wheat (hard) flour, commonly used in pizza and pasta making. Available from specialty food stores.

**Sumac:** the dried, crushed red berry of the sumac bush, this 'spice' has a sour, lemony flavour. Available from Middle Eastern and specialty food stores.



Zucchini, Mint and  
Goat's Cheese Pizzas  
[see recipe previous page]





## Baby Carrot and Date Salad with Coriander Dressing

400-450 grams mixed baby carrots e.g orange, purple and white	1 teaspoon finely grated ginger
100 grams fresh dates, pitted	1 tablespoon runny honey
<b>Dressing</b>	4 tablespoons extra virgin olive oil
large handful coriander, leaves and stems	juice of 1 lemon
1 garlic clove, crushed	sea salt and freshly ground pepper

**Dressing:** Finely chop the coriander and combine with the garlic, ginger, honey, olive oil and lemon juice. Season to taste.

Bring a large pan of salted water to the boil. Trim and scrub the baby carrots, cutting any that are very large in half lengthwise. Cook the carrots until tender then drain well. Pour the dressing over the still warm carrots and toss to combine. Serve the carrots on a flat platter with torn dates scattered over the top and extra coriander leaves. *Serves 4-6*

## Spring Greens with Roasted Mustard Haloumi

Use fresh or frozen beans and peas for this dish. It is delicious served with spicy sausages or other sausages of choice.

200 grams peas	1 teaspoon Dijon mustard
300 grams broad beans	½ teaspoon wholegrain mustard
150 grams sugar snap peas, trimmed	2 teaspoons olive oil
6-8 asparagus spears, cut into 3 cm pieces	freshly ground pepper
zest and juice of 1 lemon	200-250 grams haloumi*
3 tablespoons extra virgin olive oil	large handful chervil or basil leaves, torn (optional)
	red radicchio leaves, to serve

Blanch the peas, broad beans, sugar snaps and asparagus separately in boiling water for 2-4 minutes or until just cooked. Remove with a slotted spoon then refresh under cold running water. Repeat with the remaining vegetables. Remove the outer tough skins from the broad beans and discard. Combine the lemon juice and olive oil in a small bowl and season well. Gently toss the vegetables in the dressing and set aside.

Preheat the oven to 200°C. Combine the mustards, oil and lemon zest in a bowl and stir well. Break the haloumi into small pieces and place in a roasting tray or pan. Pour over the mustard mixture and a good grind of black pepper and toss to combine. Roast for 8-10 minutes, turning once or twice, until the haloumi is golden. *Be careful as the mustard seeds may pop and spit.* Remove from the oven and quickly toss through the greens together with the chervil or basil. Serve immediately with radicchio leaves and a drizzle of extra virgin olive oil over the top. *Serves 4-6*

### Pantry Note

**Haloumi:** a white, 'cooked', salty cheese traditionally made using sheep and goat's milk and originating from Cyprus. It has a unique high melting point, making it perfect for grilling or frying. Its layers are due to the way it is made, by heating and folding the curds.



Roasted Fennel and Prawns  
with Chilli Croutons

## Roasted Fennel and Prawns with Chilli Croutons

6 small fennel bulbs	zest and juice of 1 small lemon
2 red onions, peeled and sliced into wedges	¼ teaspoon chilli flakes
5 tablespoons extra virgin olive oil	4-5 slices sourdough bread, torn into bite-size chunks
1 large garlic clove, crushed	12-15 large raw tiger prawns, peeled with tails on
sea salt and freshly ground pepper	large handful flat-leaf parsley
	large handful rocket leaves

Preheat the oven to 180°C.

Trim the tops and root end of the fennel and cut each into 6-8 wedges. Place in a large roasting pan with the red onion. Combine 4 tablespoons of the oil with the garlic, salt and pepper, lemon zest and juice. Pour this over the fennel and onion and toss gently to combine. Roast 20-25 minutes or until starting to turn golden, turning occasionally.

Put the bread in a bowl with the remaining oil, chilli flakes and a generous pinch of sea salt and toss to combine. Add to the roasting pan and gently toss again. Cook for 5 minutes or until just starting to turn golden, before adding the prawns. Toss well and continue to cook for a further 5-8 minutes or until the croutons are golden and crispy and the prawns are cooked. Remove from the oven and stir through the parsley. Toss through a handful of rocket leaves just before serving and serve with lemon wedges on the side. *Serves 3-4*









Spring Greens with Roasted Mustard Haloumi  
[see recipe previous page]







## Roasted Spring Vegetables with Fresh Parmesan, Ricotta and Almonds

350 grams baby beetroot, washed and larger ones halved	2 tablespoons extra virgin olive oil
350 grams baby turnips, washed and larger ones halved	zest and juice of 1 lemon
350 grams baby carrots, washed and trimmed	250 grams ricotta
1 tablespoon olive oil	4 tablespoons finely grated Parmesan cheese
1 tablespoon balsamic vinegar	pinch of nutmeg
1 teaspoon brown sugar	70 grams pumpkin seeds, roasted
sea salt and freshly ground pepper	70 grams whole blanched almonds, roasted
large handful mint leaves, shredded	

Preheat the oven to 200°C. Place the prepared vegetables in a large roasting pan and drizzle over the oil, balsamic vinegar and sugar. Season and toss to coat. Roast 25–35 minutes, turning occasionally, until cooked and golden. Remove from the oven and leave to cool slightly.

Place the ricotta in a bowl with the Parmesan cheese, lemon zest, salt and pepper and nutmeg. Stir well to combine then set aside.

Squeeze the juice from the lemon over the slightly cooled vegetables and toss with the mint and extra virgin olive oil. Season then serve in individual bowls topped with a large dollop of ricotta and a sprinkling of pumpkin seeds and almonds. **Serves 4**

## Grilled New Season Potatoes with Crispy Onions, Capers and Olives

Onions	Potatoes
2½ tablespoons vegetable oil	750-800 grams new season potatoes, scrubbed
1 onion, halved	2 tablespoons olive oil
2 tablespoons capers	½-1 teaspoon smoked paprika
1 teaspoon each cumin seeds, mustard seeds and sesame seeds	75-100 grams pitted black olives, halved or roughly chopped
sea salt and freshly ground pepper	small handful each chives, flat-leaf parsley and basil, roughly chopped

Slice the onion very thinly, using a mandolin if you have one. Heat the vegetable oil in a large non-stick sauté pan until hot. Add the onion and sauté, stirring occasionally, until they are just starting to turn golden. Add the capers and continue to cook until golden, crispy and fragrant, adding the seeds towards the very end. Transfer to a tray lined with kitchen paper to remove any excess oil and set aside to cool.

Bring a large pan of salted water to the boil. Add the potatoes and cook until a knife just goes through with ease. Remove from the heat, drain and cool slightly under cold water. Slice the potatoes lengthwise into 2-3 pieces and toss through the oil, salt and paprika. Heat a sauté pan, ridged grill pan or barbecue until hot and cook the potato for 1–2 minutes on each side until golden and the potato is cooked through.

Transfer to a serving bowl and gently toss with the onion mixture, olives and herbs. Taste and season adding a little extra virgin olive oil if necessary. **Serves 4-6**

## Ricotta, Pea and Herb Gnocchi with Fresh Tomato Salsa and Crispy Pancetta

500 grams ricotta	handful flat-leaf parsley, finely chopped
3 egg yolks	salt and freshly ground pepper
zest of 1 lemon	extra virgin olive oil, to serve
1 cup finely grated Parmesan cheese plus extra for serving	<b>Tomato salsa</b>
freshly grated nutmeg	250-300 grams assorted tomatoes i.e mixture of colours and shapes
1 cup plain flour, sieved	2-3 tablespoons extra virgin olive oil
1 cup frozen peas plus extra to garnish	6-12 rashers pancetta
handful mint leaves, finely chopped	pea shoots, to serve

Place the ricotta in a sieve and leave to drain over a bowl in the fridge for 2–3 hours.

Blanch the peas in boiling water then drain well and cool under running water. Briefly blend in a food processor or blender or mash with a fork.

Beat the ricotta, eggs, lemon zest, Parmesan cheese, nutmeg, peas and herbs in a bowl. Set aside about 3 tablespoons of flour then add the remaining sifted flour to the ricotta mixture. Mix with a wooden spoon until just combined then season generously with salt and pepper.

Using lightly floured hands, shape the gnocchi into logs, about 2 cm in diameter, then cut into 3 cm pieces. *If the mixture is too wet add a little extra flour, but be careful not to make it too heavy.* Set aside on a lightly floured tray. Refrigerate for at least 30 minutes.

**Salsa:** Roughly chop the tomatoes into small pieces and toss with the olive oil. Season and set aside.

Grill the pancetta until golden and crispy then set aside on kitchen paper. Just before you are ready to serve bring a large pan of lightly salted water to the boil. Cook the gnocchi in batches for 3-4 minutes. Each gnocchi will bob to the surface of the water when it is cooked. Remove using a slotted spoon and place them in a serving bowl. Continue until all the gnocchi are cooked. Serve immediately with crispy pancetta, extra grated Parmesan cheese and the tomato salsa on the side. **Serves 6**



### Pantry note

**Pancetta:** Italian bacon made only from the belly that is cured with salt, pepper, and other spices, but is not smoked.





Grilled New Season Potatoes with Crispy Onions,  
Capers and Olives [see recipe previous page]



Ricotta, Pea and Herb Gnocchi with Fresh Tomato Salsa  
and Crispy Pancetta [see recipe previous page]

## Zesty Rice Salad with Preserved Lemon, Artichokes and Asparagus

### Artichokes

8-12 artichokes or 340 gram jar  
marinated artichokes, drained

juice of 2 lemons

½ cup olive oil

⅓ teaspoon Italian dried herbs

### Rice

100 grams wild rice

100 grams basmati rice

½ cup extra virgin olive oil

juice of 1 lemon

30 grams preserved lemon zest,  
very finely chopped

1 garlic clove, crushed

large handful mint leaves,  
finely shredded

large handful flat-leaf parsley,  
finely chopped

salt and freshly ground pepper

300 grams asparagus,  
thinly sliced on diagonal

50 grams pistachios, toasted  
and roughly chopped

handful picked watercress

If using fresh baby artichokes prepare a bowl of ice cold water and add the juice of 1 lemon. Rinse the artichokes well then cut off each stem to about 1.5 cm from the base. Peel back and remove the petals until ⅓ of the cone tip is pale green. Cut off the pale green tip then trim any remaining darker green from the base of the artichoke. Quarter the artichokes and place in the bowl of icy water to prevent discolouration. Drain the artichokes well then place in a pan with about 1 cup water and simmer for 4-6 minutes or until just tender. Drain well and dry the pan out thoroughly.

Heat the oil in the pan over a medium heat then add the artichokes and herbs. Cook for 4-6 minutes, stirring occasionally, then drizzle over the remaining lemon juice. Season and set aside to cool.

Cook the two types of rice separately, as directed on the packets. Drain if necessary and set aside to cool. Combine the oil, lemon zest, preserved lemon, and garlic in a small bowl. Pour over the rice and add the herbs before tossing to combine. Taste and season.

Bring a small pan of water to the boil and cook the asparagus until just tender. Drain, cool under cold running water and drain again. Add the asparagus, pistachios and artichokes to the rice salad. Toss well and season to taste. Scatter with watercress leaves. Serves 6-8

## Pantry note

**Preserved lemons:** Thin skinned lemons are preserved in salt and lemon juice, sometimes with spices such as cinnamon, and bayleaf. They are ready to use after 4 weeks. Only the rind is used – the flesh is scraped away and discarded. Available from specialty food stores.

## PROP CREDITS:

Opening shot: box – Tully & Gardener; fabric – AB Fabrics.

Zucchini, Mint and Goat's Cheese Pizzas: table fabric – AB Fabrics; small leaf dish – Babushka Antiques; hessian cushion cover – Romantique.

Roasted Fennel and Prawns with Chilli Croutons: table fabric – AB Fabrics; napkins and plates – Artedomus; Cromwell tumbler – Country Road; leaf dish – Romantique.

Ricotta, Pea and Herb Gnocchi: table fabric – AB Fabrics; vintage chair – Republic Home; fork – Antiques of Epsom; Selby dinner plate and pasta bowl – Country Road; napkin – Artedomus.

Grilled New Season Potatoes: table fabric – AB Fabrics; serving dish – Babushka; cutlery – Antiques of Epsom; salad bowl and jug – Artedomus; napkins – Tessuti.

Zesty Rice Salad: table fabrics – AB Fabrics; Metropolis Salad bowl and Teagan salad servers – Country Road.

Baby Carrot and Date Salad: table fabric – AB Fabrics; platter – Republic Home; cutlery – Antiques of Epsom; Val St Lambert Crystal water glasses – European Antiques at World Beauty; plate and napkins – Artedomus; Norman Copenhagen in Grass – Design Denmark.

Roasted Spring Vegetables: table fabric – AB Fabrics; napkin – Artedomus; Sienna Pasta bowl – Country Road; small bowl – The Poi Room; blue bowl – Republic Home; cutlery – Antiques of Epsom.

Spring Greens with Roasted Mustard Haloumi: table fabric – AB Fabrics; white bowl – Flotsam & Jetsam; small green bowl – The Poi Room; napkins – Tessuti.

Meat supplied by Aussie Butcher, Newmarket. See 'Where to Buy' pg 129. All other props stylist's own.







# and to drink...

*Wine writer Yvonne Lorkin suggests matches for these dishes*



## Zucchini, Mint and Goat's Cheese Pizzas

The salty tang of the goat's cheese combined with mint works sensationally with the **Spy Valley Envoy Marlborough Sauvignon Blanc 2009 (\$29)**. Enhanced with toasty oak on the nose and bursting with nectarine, preserved lemon, dried herbs and tangy lime flavours, it's intensely fresh, textural and lengthy.

Widely available. Visit online at [spyvalley.co.nz](http://spyvalley.co.nz)

## Spring Greens with Roasted Mustard Haloumi

Broad beans are tricky to match, but I think I've cracked it with the **Adegas Valminor Rias Baixas Albarino 2008 (\$29)**. This Spanish sensation has a rich, buttery nose but loads of limey minerality in the mouth – perfect with peas and the nuttiness of the haloumi.

Order online at [sceniccellars.co.nz](http://sceniccellars.co.nz)

## Roasted Fennel and Prawns with Chilli Croutons

A full-bodied Chardonnay is the ticket here and I think the **Dolbel Estate Barrel Fermented Hawke's Bay Chardonnay 2007 (\$29)** with its layers of citrus and stone fruit combined with toasty, meaty notes and a textural, tangy finish is a great match for this dish.

For stockists visit online at [dolbelestate.co.nz](http://dolbelestate.co.nz) or phone 0800 365 235

## Roasted Spring Vegetables with Fresh Parmesan, Ricotta and Almonds

The **Mission Estate Hawke's Bay Vignier 2009 (\$24)** has delicate white peach, jasmine and mandarin aromas and clean, juicy citrus notes which merge beautifully with the pumpkin and almonds in this spring combination.

For stockists visit online at [missionestate.co.nz](http://missionestate.co.nz) or phone 06 845 9350

## Ricotta, Pea and Herb Gnocchi with Salsa and Pancetta

It's all about Chardonnay with these flavours and the **Te Kairanga Runholder Martinborough Chardonnay 2008 (\$24)** works its magic here. Ripe and textural with layers of grapefruit and butterscotch wrapped in a fresh, biscuity finish, it fleshes out this pasta perfectly.

For stockists visit online at [tkwine.co.nz](http://tkwine.co.nz) or phone 06 306 9122

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Enter online at [dish.co.nz](http://dish.co.nz) and tell us your favourite Dish recipe and why you love it, or post your entry to us at Dish/Gaggenau Recipe Competition, PO Box 78070, Grey Lynn, Auckland 1245.

Entries close December 1. The winner will be announced in the February-March 2011 issue. Full terms and conditions are available at [www.dish.co.nz](http://www.dish.co.nz)

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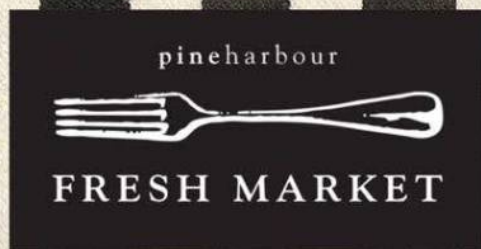


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SATURDAYS 8-12

- PINE HARBOUR MARINA -



5 mins from Whitford Village - [www.pineharbour.co.nz/fresh-market/](http://www.pineharbour.co.nz/fresh-market/)



# classic chicken

seven great ways with chicken



Roast Chicken on Saffron Potatoes and Leeks [see recipe following page]



## Roast Chicken on Saffron Potatoes and Leeks

- |  |  |
|--|--|
| 1 fresh chicken                        | <b>Potatoes</b>  |
| 1 lemon, quartered                     | 1 kilogram floury potatoes, sliced 2 cm thick (I used Agria) |
| melted butter or olive oil             | 2 large leeks, thickly sliced on the diagonal                |
| 1 teaspoon ground paprika              | 3 cloves garlic, thinly sliced                               |
| sea salt and freshly ground pepper     | 2 tablespoons thyme  |
| <b>Stuffing</b>                        | 1 cup chicken stock  |
| 2 strips streaky bacon, finely chopped | 1 cup white wine   |
| zest of 1 lemon                        | pinch of saffron threads                                     |
| 2 cloves garlic, thinly sliced         |  |
| 8 small sprigs rosemary                |  |

Preheat the oven to 180°C.

Rinse the chicken under cold running water then dry the cavity and skin with paper towels.

Season the cavity and stuff with the lemon. Truss with kitchen string.

Make 8 deep slits in the chicken, 2 in each leg and 4 in the breast. Combine the bacon, lemon zest and garlic and stuff into the slits then push in a sprig of rosemary. Brush the chicken and rosemary sprigs with butter or olive oil and season with paprika, salt and pepper.

**Potatoes:** Put the potatoes, leeks, garlic and thyme in a roasting dish. Combine the stock, wine and saffron and pour over the vegetables. Season well. Put a rack over the vegetables and place the chicken on top, breast side up.

Roast for half an hour then lift the rack off and give the leeks and potatoes a stir. Repeat every half hour until the chicken is cooked through. *The juices from the thigh will run clear when pierced with a skewer.* Total cooking time will be 1½ – 1¾ hours depending on the size of the chicken.

Transfer the chicken to a platter, cover loosely and rest for 10 minutes.

**To serve:** Place the chicken on a serving platter and surround with the potatoes and leeks. **Serves 6-8**



All these recipes can be made SPCA Blue Tick friendly by buying Blue Tick cruelty-free approved meat. See pg 2 for brands which carry the Blue Tick.



### Cook's Tips

- One whole, cooked chicken will yield 4 cups of diced meat.
- Look for roasted, free-range chickens in good supermarkets and food stores.



## Chicken, Walnut and Watercress Sandwiches

Buy a cooked chicken or use the poached chicken from page 87 to make these delicious sandwiches based on the flavours in a classic Waldorf Salad. Use only very fresh walnuts otherwise the filling may taste rancid. Generously buttered bread is the key to a good sandwich, as the butter not only helps the filling stick to the bread, but also helps maintain freshness.

- |   |   |
|---|---|
| 4 cups diced, cooked chicken                        | 1 tablespoon Dijon mustard                |
| 2-3 cups picked watercress                          | ½ cup walnuts, roasted and finely chopped |
| 21 slices thin sandwich bread, (I used whole-grain) | ½ cup finely diced celery                 |
| butter at room temperature for spreading            | finely grated zest 1 lemon                |
| <b>Mayonnaise</b>                                   | 1 clove garlic clove                      |
| ½ cup mayonnaise                                    | 1 tablespoon                              |
| ½ cup sour cream                                    | Worcestershire sauce                      |
|   | 2 tablespoons chopped chives              |

Combine all the ingredients except the chicken in a large bowl. Season well. Add the chicken and gently combine.

**To assemble:** Butter each slice of bread. Lay out 7 slices, buttered side up and divide the chicken filling between them. *Don't push it down flat as the sandwiches need to look full and inviting.* Top with a second slice of bread, buttered side down and butter the top side.

Cover with a good layer of watercress and top with the remaining bread. Cut off the crusts using a very sharp bread knife or electric knife. Cut each sandwich into three fingers.

If making ahead of time, cover with a damp tea towel to ensure they don't dry out. **Makes 21 finger sandwiches**



## Chicken Supremes with Beans and Lemon

4 small chicken supremes (breast with wing bone attached), skin on

16 sage leaves

8 slices thin streaky bacon

olive oil

sea salt and freshly ground pepper

Beans

2 cloves garlic, crushed

1 small fennel bulb, thinly sliced, fronds reserved

500 grams frozen broad beans, cooked and peeled

1 x 400 gram tin cooked cannellini beans, drained and rinsed

16 cherry tomatoes, halved

zest and juice of 1 lemon

½ cup chicken stock

Preheat the oven to 180°C.

Press two sage leaves onto the skin of each supreme then wrap in two pieces of bacon. Press another two leaves onto the bacon and tie with kitchen string to secure.

Heat a sauté pan with a little olive oil and cook the chicken, sage side down, over a medium heat until golden. Turn over and cook for 2 minutes. Transfer the chicken to a roasting dish, sage side up and roast for 25 minutes until golden and cooked through. ***Cooking time will depend on the size of the chicken.*** Transfer to a platter, cover loosely and rest for 10 minutes. ***Don't wash the pan as you will use it to make the sauce.***

Spoon the excess fat from the sauté pan, leaving 2 tablespoons in the pan. Add the garlic and fennel, season and cook until the fennel is soft. Add the broad beans, cannellini beans, cherry tomatoes, lemon zest and juice and the stock. Season and simmer until the vegetables are hot.

**To serve:** Tip any resting juices from the chicken into the beans. Divide the beans between four wide shallow bowls and top each with a piece of chicken. Scatter with the reserved fennel fronds. Serves 4







### Crispy Five Spice Chicken Nibbles with Hot Sauce

1 kilogram chicken nibbles	<b>Hot sauce</b>
4 tablespoons plain flour	3 tablespoons butter
1 teaspoon sea salt	½ cup sweet chilli sauce
1 tablespoon Chinese 5-spice	1 tablespoon soy sauce
1 tablespoon each ground coriander and cumin	finely grated zest and juice of 1 lime
	hot chilli sauce to taste

Preheat the oven to 180°C.

Put all the ingredients, except the chicken, in a large plastic bag. Add the nibbles in batches and shake well to coat.

Place in a single layer on a lightly greased baking tray and roast for 20 minutes. Turn the nibbles over and roast for a further 15-20 minutes until fully cooked, crisp and golden.

**Sauce:** Melt the butter in a small saucepan and when sizzling stir in the remaining ingredients, adding chilli sauce to taste. *If making the hot sauce ahead, reheat before serving as the butter solidifies on cooling.*

**To serve:** Pile the nibbles in a bowl and serve with the hot dipping sauce. *Serves 4-6*

### Chicken Kebabs with Coconut and Lime Sambal

A sambal is a multi-purpose condiment with many variations that is designed to add flavour and spice to simple or plain foods such as rice or noodles.

6 boneless chicken thighs, skin on	¾ cup chicken stock
	1 teaspoon sea salt
<b>Marinade</b>	<b>Coconut sambal</b>
3 tablespoons vegetable oil	¾ cup desiccated coconut
1 onion, finely chopped	finely grated zest and juice of 2 limes
2 cloves garlic, crushed	¼ – 1 teaspoon chilli powder
1 teaspoon each ground turmeric and garam masala	1 shallot, very finely chopped
2 teaspoons mild curry powder	½ teaspoon sea salt
2 tablespoons water	<b>To cook</b>
⅓ cup apricot or peach jam	¼ cup plain yoghurt
3 tablespoons tamarind concentrate*	24 wooden skewers, soaked in water for 30 minutes

**Marinade:** Heat the oil in a small saucepan with the onion, garlic, turmeric, garam masala, curry powder and water. Cover and cook until the onion is soft. *Add a little extra water if the spices start to stick.* Add the jam, tamarind, stock and the salt and stir to dissolve the jam. Cook at a gentle boil for 20-25 minutes, stirring often, until thick and reduced. Cool. Transfer to a food processor, add the yoghurt and pulse to a rough paste.

**Chicken:** Cut each chicken thigh into two pieces. Place in a large bowl with the marinade and turn to coat well. Cover and marinate for up to 24 hours in the refrigerator.

**Sambal:** Place all the ingredients in a food processor and pulse to blend.

**To cook:** Remove the chicken pieces from the marinade. Thread two skewers through each piece so it will lie flat when cooking. Preheat a grill plate or sauté pan and cook the chicken over a medium-low heat for 25-30 minutes or until fully cooked through. *Don't have the heat too high or the marinade will burn before the chicken is cooked through.*

**To serve:** Place the kebabs on a serving platter and serve with the coconut sambal. *Serves 4-6*



#### Pantry note

**Tamarind concentrate:** derived by soaking dried tamarind pods in water then passing through a sieve to obtain a pulp. You can make it yourself easily or purchase the concentrate ready-made in a jar. The flavour is sour-sweet and is used in Asian and Middle Eastern dishes in the same way lemon juice is used in Western cooking. Both pods and concentrate are readily available from Asian grocery stores and good supermarkets.





Chicken Kebabs with Coconut  
and Lime Sambal





Poached Chicken, Apple, Rocket  
and Hazelnut Salad



## Poached Chicken, Apple, Rocket and Hazelnut Salad

*Poaching is a gentle way of cooking that results in succulent chicken, which can also be used cold for sandwiches.*

800 grams boneless chicken breasts, skin on	1 tablespoon wholegrain mustard
1 bay leaf	1 teaspoon honey
1 small onion, quartered	1 red apple, julienne*
1 teaspoon sea salt	1½ cups seedless red grapes, halved
<b>Salad</b>	½ cup hazelnuts, roasted, skinned and roughly chopped*
1 small red onion, very thinly sliced	2 large handfuls of baby rocket
3 tablespoons olive oil	sea salt and freshly ground pepper
1 tablespoon apple cider vinegar	

**Chicken:** Put the chicken in a large saucepan with the bay leaf, onion and salt and place a small plate on top to keep the chicken submerged. Add enough cold water to cover the chicken and bring to a simmer. Poach gently for 12-15 minutes, until the chicken is fully cooked. *Cooking time will depend on the thickness of the chicken.* Transfer to a plate and cool. Cover and refrigerate if not using immediately.

**Salad:** Soak the onion in a bowl of cold water for 10 minutes. Drain and squeeze dry in a clean tea towel.

Whisk the olive oil, vinegar, mustard and honey in a large bowl and season. Add the apple and toss gently but thoroughly to coat in the dressing. *This stops the apple from turning brown.*

**To assemble:** Discard the skin and shred the chicken into long strips.

Add to the dressing along with the remaining ingredients, toss well and transfer to a serving platter. **Serves 4-6**

\*See techniques on page 128 to julienne vegetables and roast nuts.

## Steamed Chicken and Water Chestnut Dumplings

<b>Chicken</b>	<b>To assemble</b>
400 grams chicken mince	1 packet thin wonton wrappers
1 egg white	<b>Dipping sauce</b>
2 tablespoons soya bean paste or sauce*	4 tablespoons soy sauce
2 tablespoons fish sauce	2 tablespoons each olive oil and sesame oil
1 tablespoon cornflour	2 tablespoons lemon juice
1 clove garlic, crushed	2-3 teaspoons wasabi paste
1 tablespoon grated fresh ginger	
1 tablespoon sesame oil	
¼ cup finely chopped coriander	
8 water chestnuts*, finely chopped	

**Chicken:** Place all the ingredients, except the water chestnuts, in a food processor and pulse to combine. Tip into a bowl and stir in the water chestnuts. Cover and chill for at least 1 hour and up to 24 hours.

Line a large steamer basket with a piece of baking paper that has been pierced all over with a skewer. *This lets the steam through.*

**To assemble:** Brush the edges of each wonton wrapper with water and place a heaped teaspoon of filling in the centre. Gather the edges up over the filling, gently squeezing the sides to pleat but leaving the centres uncovered. Arrange in the steamer basket, slightly apart. Place the steamer basket over a wok or saucepan of boiling water, cover and steam for 8-10 minutes or until the dumplings are firm to the touch and cooked through. Cook the dumplings in batches if necessary.

**Dipping sauce:** Whisk the ingredients in a bowl, adding wasabi to taste.

Serve the dumplings hot with the dipping sauce. **Makes about 20**



### Cook's Tip

Look for a soya bean paste with no MSG.

### Pantry Note

**Water Chestnuts:** An edible tuber from a water plant found in South East Asia. They are rather bland but have an incredible crunch. Buy them in tins and already peeled from Asian grocery stores or the international section in supermarkets.

### PROP CREDITS:

**Chicken Supremes with Beans and Lemon:**  
chair – Nood; Pure White square bowl – Nest; Heidi napkin – Country Road; Boulanger board small – Nest.

**Crispy Five Spice Chicken Nibbles with Hot Sauce:**  
table runner – Ella Doran Sunlight Through Leaves wallpaper – Paper Room; Saro Tea cups – Allium.

**Chicken Kebabs with Coconut and Lime Sambal:**  
Saro watermelon bowl – Allium.

**Poached Chicken, Apple, Rocket and Hazelnut Salad:**  
Lombardy salad bowl – Nest; Adonde Jatoba wood salad servers – Simon James; jug and plates – Artdomus.

**Steamed Chicken and Water Chestnut Dumplings:**  
Rosenthal teapot – Macy Home.

Meat supplied by Aussie Butcher, Newmarket.

See 'Where to Buy' pg 129. All other props stylist's own.





Steamed Chicken and Water Chestnut  
Dumplings [see recipe previous page]



# and to drink...

Wine writer Yvonne Lorkin suggests matches for these dishes



## Roast Chicken on Saffron Potatoes and Leeks

Yellow diamond-bright and perfumed with grapefruit, peach, almond and toast, the **Sacred Hill Rifleman's Chardonnay 2009 (\$48)**, with its luscious power and statuesque structure is absolutely eye-popping with this dish.

For stockists visit online at [sacredhill.com](http://sacredhill.com)

## Chicken, Walnut and Watercress Sandwiches

I cannot believe it's taken me this long to discover this sublime sandwich. As soon as watercress is mentioned I reach instinctively for **Gibbston Valley Pinot Blanc 2009 (\$27)**. Seductive, unique aromas combine with white pepper, white flowers, lemongrass and white nectarine notes. If you thought Gibbston Valley was all about Pinot Noir then think again.

To order visit online at [gibbstonvalleynz.co.nz](http://gibbstonvalleynz.co.nz)

## Chicken Supremes with Beans and Lemon

I love the **Caves de Pouilly-sur-Loire Pouilly Fumé 2007 (\$37)** with this recipe. It has lifted chalky minerality on the nose followed by crisp lemongrass, hay and white peach notes and a long, lingering finish.

Imported by Paul Treacher, email [p.treacher@ballande.co.nz](mailto:p.treacher@ballande.co.nz) for details.

## Chicken Kebabs with Coconut and Lime Sambal

These tender, spicy kebabs cry out for the **Coopers Original Pale Ale (\$14, 6 pack)**. It has light caramel, sweet potato and earthy notes on the nose and palate. Smooth, malty and lengthy on the finish.

Widely available.

## Crispy Five Spice Chicken Nibbles with Hot Sauce

You'll want something punchy, aromatic and oozing fruit sweetness here and **The Darling Marlborough Pinot Gris 2009 (\$23)** has all that and more. It has power and weight behind some lovely quince and pear flavours.

For stockists or to order visit online at [savvywines.co.nz](http://savvywines.co.nz)

## Poached Chicken, Apple, Rocket and Hazelnut Salad

This gorgeous crunchy salad has cider written all over it, and the **Westons Premium Organic Pear Cider (\$7)** is my pick. Produced from organically grown pears it has a ripe, rich, fruity aroma and a juicy, tangy full-flavoured finish. Vegan friendly and gluten-free.

For stockists phone Federal Geo on 09 578 1823

## Steamed Chicken and Water Chestnut Dumplings

Such a subtle, Asian-inspired dish requires a delicate, aromatic white like the **Pegasus Bay Waipara Gewurztraminer 2009 (\$32)**. Sourced from the oldest Gewurztraminer vines in the region, this is a poised and deliciously elegant example of the varietal. Lifted lychee, rose, white peach and soft, musky spices mean it's clean, fresh and ultimately drinkable.

For stockists or to order visit online at [pegasusbay.com](http://pegasusbay.com) or phone 03 314 6869

[www.goodinthekitchen.co.nz](http://www.goodinthekitchen.co.nz)

(For people who think a romantic dinner  
for two is dialling out for pizza)







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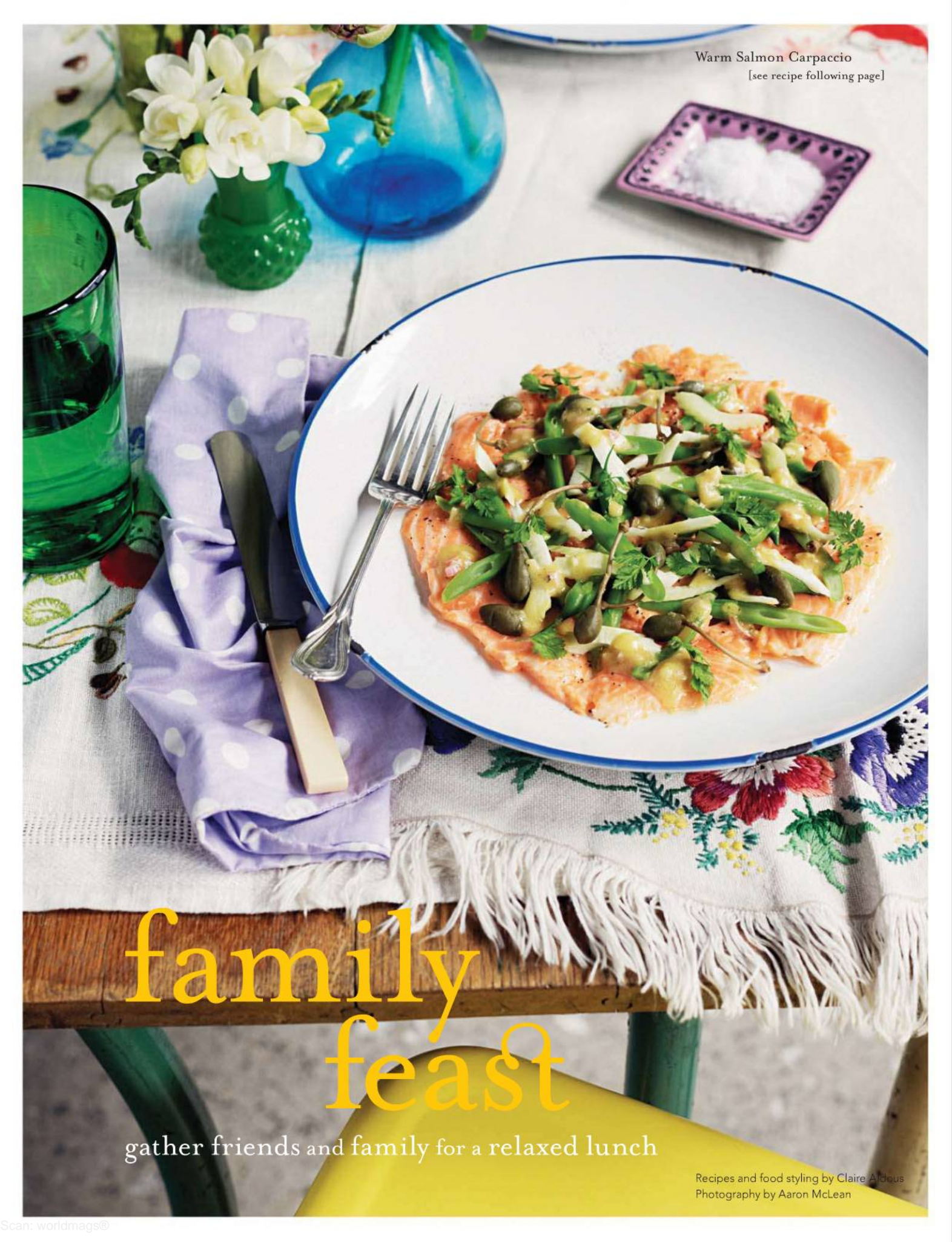
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Warm Salmon Carpaccio  
[see recipe following page]

# family feast

gather friends and family for a relaxed lunch

Recipes and food styling by Claire Aldous  
Photography by Aaron McLean





Beef and Beetroot Salad  
with Anchovy Dressing

### Beef and Beetroot Salad with Anchovy Dressing

600 grams sirloin steak	sea salt and freshly ground pepper
12 baby beetroot, scrubbed	
olive oil	<b>Dressing</b>
6 eggs at room temperature	½ cup sour cream
2 handfuls baby cos lettuce leaves	1 clove garlic, crushed
2 handfuls rocket leaves	2 tablespoons lemon juice
12 white anchovies (boquerones), optional	6 good quality anchovy fillets (I used Ortiz brand)
Parmesan cheese for shaving	1 tablespoon oil from the anchovies

Trim the stalks off the beetroot, peel if necessary and halve or quarter. Heat a little olive oil in a sauté pan, add the beetroot, season, cover and cook over a medium low heat until tender. *Add a splash of water if they start to catch.* Alternatively, roast in a hot oven until tender. Cool.

Season the steaks and cook on a preheated barbecue or in a sauté pan for 3 minutes each side for medium rare. *Cooking time will depend on the thickness of the steaks.* Transfer to a plate and rest until warm.

Place the eggs in a saucepan and cover with cold water. Bring to the boil and cook for 6 minutes. Drain and cool in cold water. Peel and break in half.

**Dressing:** Place all the ingredients in a food processor and blend until smooth. Season lightly and add a little water if a thinner dressing is desired.

**To serve:** Place the cos and most of the rocket on serving plates. Slice the beef thinly and arrange over the salad with the beetroot, eggs and anchovies. Top with the remaining rocket, drizzle with the dressing and shave over Parmesan cheese and freshly ground pepper. *Serves 4*

### Warm Salmon Carpaccio

600 grams salmon fillet	1 teaspoon caster sugar
olive oil	4 tablespoons olive oil
sea salt and freshly ground pepper	<b>Salad</b>
<b>Mustard sauce</b>	150 grams green beans, stalk end trimmed
1 small shallot, finely chopped	2 tender inner stalks of celery
2 tablespoons sherry vinegar or white wine vinegar	¼ cup caper berries or 2 tablespoons baby capers
1 tablespoon Dijon mustard	fresh dill or chervil for garnish

Preheat the grill. Remove the pin bones from the salmon using tweezers and slice thinly. *Don't worry about getting perfect slices.* Arrange the salmon in a single layer on lightly greased heat-proof dinner plates. Brush with a little olive oil and season. *The salmon can be covered with plastic wrap and refrigerated at this point until ready to cook.*

**Mustard sauce:** Place the ingredients in a bowl and whisk to make a thick dressing. Season.

**Salad:** Slice the beans thinly on the diagonal. Blanch in boiling salted water for 1 minute, drain well and refresh in cold water. Drain again and dry on kitchen towels.

**To serve:** Put the plates under the hot grill for 1 minute to just warm the salmon. Drizzle with a little mustard sauce. Top with the beans, celery and caper berries, another drizzle of dressing then garnish with a few sprigs of dill. *Serves 4*

### Mussels and Clams in a White Wine and Tarragon Broth

2 kilograms mussels	2 inner stalks celery, thinly sliced
1½ kilograms clams	2 cloves garlic, crushed
½ cup white wine	½ teaspoon ground turmeric
1 cup chicken stock	1 teaspoon dried tarragon
1 bay leaf	3 tablespoons plain flour
knob of butter	½ cup cream
100 grams streaky bacon, thinly sliced	3 tablespoons chopped flat-leaf parsley
1 onion, thinly sliced	

Scrub the mussels and pull off the beards. Soak the clams in cold water for 10 minutes then drain. Put the wine, stock and bay leaf in a large saucepan and bring to the boil. Add the mussels; cover and cook until the shells have opened, shaking the pan occasionally. As they open, transfer to a bowl, cover and keep warm. Repeat with the clams. *Discard any shellfish that don't open.* Strain the cooking liquid through a sieve lined with a piece of muslin or a thin cotton cloth and reserve.

Melt the butter in a large saucepan and cook the bacon, onion, celery, garlic, turmeric and tarragon until the onion is soft. Stir in the flour and cook for 2 minutes then gradually stir in the reserved cooking liquid and the cream. Season with pepper and bring to the boil. *The cooking liqueur should add enough salt to the sauce.* Simmer for 5 minutes. Stir in the parsley. *Raw, peeled prawns can be added to the broth for the final 5 minutes of cooking.*

**To serve:** Put the mussels and clams in a large warm serving bowl and pour over the broth. Serve immediately with grilled bread or warm crusty rolls. *Serves 4-6*



## Caramelised Red Onion, Black Olive and Herb Bread

Onions	Dough
2 tablespoons olive oil	2 cups plain flour
knob of butter	1 teaspoon sea salt
3 large red onions, sliced	1 teaspoon instant dried yeast
2 cloves garlic, crushed	1 teaspoon ground fennel
2 tablespoons brown sugar	1 tablespoon finely chopped rosemary
3 tablespoons balsamic vinegar	$\frac{3}{4}$ -1 cup lukewarm water
sea salt and freshly ground pepper	2 tablespoons olive oil
$\frac{1}{4}$ cup chopped black olives	<b>To assemble</b>
	olive oil
	sea salt
	cumin seeds

**Onions:** Heat the olive oil and butter in a sauté pan. Add the onions and garlic with a good pinch of salt, cover and cook until soft, stirring occasionally. Stir in the brown sugar and balsamic vinegar. Cook gently, uncovered and stirring occasionally, until the onions are thick and sticky with no liquid left in the pan. *This can take 25-30 minutes to caramelize properly.* Stir in the olives and cool.

**Dough:** Combine the flour, salt, yeast, fennel and rosemary in a bowl and make a well in the centre. Add the  $\frac{3}{4}$  cup of water and the olive oil and mix to a soft dough, adding the extra water if needed. Tip onto a lightly floured bench and knead lightly for 2 minutes. Place in an oiled bowl, cover with plastic wrap and set aside in a warm place to double in bulk.

Preheat the oven to 200°C.

**To assemble:** Roll out the dough on a lightly floured bench to a 30 cm x 30 cm square then transfer to a lined flat baking tray.

Spread the onions evenly over the dough, leaving a 1 cm border around the edge.

Brush the border with cold water then fold the dough over twice to make a 10 cm x 30 cm rectangle. Brush generously with olive oil and sprinkle with sea salt and cumin seeds.

Bake for 25 minutes until golden and the bread sounds hollow when tapped. Lightly brush again with olive oil when it comes out of the oven. Serve warm or at room temperature. It is best eaten on the day of making. [Makes 1 loaf](#)



### Cook's Tip

The onions can be cooked several days ahead. Keep refrigerated.



Mussels and Clams in a White Wine and Tarragon Broth [see recipe opposite]



Navarin of Spring Lamb





## Navarin of Spring Lamb

This dish is easily made ahead. Cook the lamb for 1 hour. Cool completely, cover and refrigerate. The next day, scrape off any fat that has set on top and discard. Add the carrots and turnips and cook until the vegetables are tender, adding a little more stock if the sauce is too thick.

1 kilogram boneless lamb leg steaks	1 bouquet garni*
1 cup plain flour	8 small waxy potatoes, scrubbed
3 tablespoons olive oil	1 bunch baby carrots, scrubbed or peeled
1 onion, thinly sliced	8 baby turnips, scrubbed
2 cloves garlic, crushed	sea salt and freshly ground pepper
1 tablespoon tomato paste	<b>To serve</b>
1 tablespoon Dijon mustard	2 tablespoons chopped parsley
½ cup dry white wine	zest of 1 lemon
2 cups lamb or chicken stock	

Preheat the oven to 180°C.

Trim the lamb of excess fat and cut each steak into 2-3 large pieces. Place the flour in a shallow dish and season well with salt and pepper. Dust the lamb in flour, shaking off the excess.

Heat the olive oil in a large ovenproof casserole dish or saucepan and brown the lamb on all sides. *Do this in batches if necessary.* Remove each piece to a plate as it browns. *Don't let the flour catch and burn on the base of the pan.*

Add the onion to the pan and cook until soft, adding a little extra olive oil if necessary. Stir in garlic, tomato paste and mustard and cook for 1 minute. Add the wine, stock, bouquet garni and the potatoes and bring to the boil. Season and add the lamb with any resting juices and turn to combine. Place a piece of crumpled baking paper over the lamb and cover tightly with a lid or aluminium foil.

Braise in the preheated oven for 1 hour, stirring once. Add the carrots and turnips, cover and cook for a further 30 minutes until the vegetables and meat are tender.

**To serve:** Transfer the lamb and vegetables to a large shallow serving platter and spoon over the sauce. Scatter with the parsley and lemon zest. **Serves 6**



### Pantry Note

**Bouquet garni:** a selection of aromatic herbs such as bay leaf, parsley stalks and sprigs of thyme tied together with kitchen string. You can make your own or buy them in packets from supermarkets or specialty food stores.

## Baked Semolina Gnocchi

The gnocchi can be made 1 day ahead. Cover and refrigerate but remove from the fridge 1 hour before baking.

60 grams butter	2 cups fine semolina
3 tablespoons chopped sage	1 cup grated Parmesan cheese
2 tablespoons finely chopped rosemary	3 eggs, lightly beaten
2 cloves garlic, crushed	<b>To cook</b>
5 cups milk	3 tablespoons melted butter
1½ teaspoons sea salt	½ cup grated Parmesan cheese
	freshly ground pepper

Line a large shallow tray or Swiss roll tin with plastic wrap.

Heat the butter, sage, rosemary and garlic in a small saucepan and cook gently until the garlic is a pale gold colour. *Don't let the garlic turn brown or it will be bitter.* Tip into a bowl.

Put the milk and salt in a large saucepan and bring to just below boiling point. Reduce the heat to low and gradually whisk in the semolina in a thin, steady stream. Whisk until the mixture becomes very thick then change to a wooden spoon.

Stir continuously for 5 minutes. Remove from the heat and beat in the Parmesan cheese and herbed butter then the eggs. Tip into the tray and spread out to an even layer. Cool, cover and refrigerate for at least 2 hours.

Preheat the oven to 180°C.

Cut the gnocchi into small triangles and place in slightly overlapping rows in a large lightly buttered gratin dish. Drizzle over the butter and Parmesan cheese. Bake for 30 minutes until hot and golden.

Serve with the sausage ragu or simply with a green salad. **Serves 6**



Make this recipe SPCA Blue Tick friendly by buying Blue Tick cruelty-free approved eggs. See pg 2 for brands which carry the Blue Tick.

## Lamb Sausage and Red Wine Ragu

The ragu can be made 2 days ahead. Cover and refrigerate. Reheat and stir in the basil to serve.

2 tablespoons olive oil	500 grams lamb sausages
1 onion, thinly sliced	1 cup red or white wine
1 leek, thinly sliced	1 x 400 gram tin whole cherry tomatoes
1 clove garlic, crushed	handful of basil
sea salt and freshly ground pepper	

Heat the oil in a sauté pan and cook the onion, leek and garlic with a good pinch of salt until soft. Remove the skin from the sausages and add the meat to the pan. Break the sausage up with a wooden spoon and cook for 5 minutes until firm. Increase the heat and add the wine. Cook for a few minutes then stir in the tomatoes. Season and simmer gently for 10 minutes until the sauce has reduced and thickened. Stir in the basil. Transfer to a bowl and serve hot to spoon over the gnocchi. **Serves 6**





[top] Lamb Sausage and Red Wine Ragu  
[bottom] Baked Semolina Gnocchi  
[see recipes previous page]





Pork, Chorizo and Herb Terrine  
[see recipe following page]



## Pork, Chorizo and Herb Terrine

800 grams coarsely ground pork (I used free-farmed)*	<b>To assemble</b>
200 grams fresh chorizo sausages	2 bay leaves
2 tablespoons olive oil	extra thyme sprigs
1 large onion, finely chopped	6 cup capacity terrine dish or loaf tin
2 cloves garlic, crushed	<b>Salsa</b>
1 tablespoon sweet smoked paprika	1 cup pitted green olives
¼ cup brandy	2 cloves garlic, crushed
1 tablespoon finely chopped rosemary	2 tablespoons capers
2 tablespoons chopped thyme	½ cup roughly chopped cornichons or gherkins
½ cup chopped flat-leaf parsley	small handful flat-leaf parsley
finely grated zest and juice 1 lemon	zest of 1 lemon
8 dates, pitted and roughly chopped	2 tablespoons lemon juice
1 egg	4 tablespoons olive oil
sea salt and freshly ground pepper	sea salt and freshly ground pepper

Preheat the oven to 180°C.

Heat the oil in a sauté pan and add the onion and garlic with a good pinch of salt. Cover and cook until the onion is very soft. Stir in the paprika and brandy and let it bubble up for 1 minute. Scrape the contents of the pan into a large bowl and cool.

Add the herbs, lemon zest and juice, dates and egg to the cooled onions. Remove the skins from the chorizo and add to the mixture with the pork. Combine thoroughly and season generously. Pack the meat into the terrine dish or loaf tin and top with the bay leaves and thyme.

Cover with a lid or aluminium foil and place in a roasting dish. Add enough boiling water to come halfway up the side of the terrine. Bake for 50-60 minutes until firm and the terrine has pulled away from the sides. Remove from the roasting dish and cool. Place the terrine on a lipped tray or plate and cover with a piece of baking paper and a small board or plate. Weigh down with unopened tins of food and refrigerate for 12 hours.

**Salsa:** Place all the ingredients in a food processor and pulse to a coarse paste. Tip into a bowl and season. [Makes 1½ cups](#)

**To serve:** Remove the terrine from the dish and scrape off the excess jelly. Cut into slices and serve with the caper and olive salsa, crusty bread and butter. [Serves 8](#)

 Make this recipe SPCA Blue Tick friendly by buying cruelty-free approved pork. See pg 2 for brands which carry the Blue Tick.

### Cook's Tip

\*Ask your butcher to coarsely grind a 50/50 mix of pork belly and pork shoulder if possible or buy a good quality pork mince. Do not use low-fat mince or the terrine will be dry.

## Leek and Goat's Cheese Tart with Walnut Pastry

<b>Pastry</b>	1 teaspoon sea salt
1¼ cups plain flour	½ cup sour cream
pinch of salt	½ cup cream
70 grams walnuts, roasted	2 eggs
120 grams butter, diced and chilled	2 egg yolks
1 egg yolk	¼ teaspoon freshly grated nutmeg
3 tablespoons chilled water	sea salt and freshly ground pepper
<b>Filling</b>	100 gram log goat's cheese, cut into rounds
2 tablespoons olive oil	<b>To serve</b>
small knob of butter	baby rocket leaves
3 large leeks	and a few extra walnuts
2 cloves garlic, crushed	
2 tablespoons chopped thyme	

Lightly grease a 24 cm x 3 cm tart tin with a removable base.

**Pastry:** Put the flour, salt and walnuts in a food processor and process until the walnuts are finely ground. Add the butter and pulse to coarse crumbs. Combine the egg yolk and water and add to the flour. Using the pulse button, process until the dough just starts to come together.

Tip onto the bench and form into a flat disc. Cover in plastic wrap and refrigerate for 30 minutes. Roll out on a lightly floured bench and line the tart tin. Refrigerate or freeze until firm.

Preheat the oven to 200°C.

Bake the tart blind\* for 20 minutes, remove the baking beans and paper and bake for a further 5-7 minutes or until the pastry is golden. Cool.

Reduce the oven temperature to 180°C.

**Filling:** Heat the olive oil and butter in a large sauté pan and add the leeks, garlic, thyme and a good pinch of salt. Cover and cook over a medium low heat for 15 minutes, turning occasionally. Uncover and cook until all the liquid has evaporated and the leeks are tender. Stir in the sour cream then set aside to cool.

Whisk the cream, eggs and egg yolks and nutmeg in a bowl and season. Add the leeks and combine. Pour into the tart case and top with the goat's cheese. Bake for 25-30 minutes until the filling is set and firm to the touch. Rest for 30 minutes before removing from the tin.

**To serve:** Place the tart on a serving platter and scatter with a small handful of baby rocket leaves and a few extra walnuts if desired. Serve warm or at room temperature. [Serves 8](#)

Roasting nuts – see technique pg 128.



### Cook's Tip

**To bake blind:** line a prepared pastry case with baking paper and fill with pie weights or dried beans. The beans support the pastry as it cooks. Bake in a preheated 190°C - 200°C oven for up to 20 minutes before removing the paper and weights. The shell should now have taken form so return to the oven for the specified cooking time until completely cooked and golden.





Leek and Goat's Cheese Tart  
with Walnut Pastry





## Coffee and Brown Sugar Brûlées

The brûlée mixture can be made 2 days ahead. Keep refrigerated and stir before pouring into the ramekins. The desserts can be served without the caramelized sugar if desired. Top with a small spoonful of softly whipped cream and shavings of dark chocolate.

2 cups cream	½ cup brown sugar
¼ cup coffee liqueur (I used Kahlua)	¼ teaspoon ground cardamom, optional
2 tablespoons instant espresso coffee granules	<b>To finish</b>
2 eggs	6 tablespoons caster sugar
4 egg yolks	kitchen torch or brûlée iron
	6 x ¾ cup capacity ramekins

Heat the cream, coffee liqueur and coffee in a saucepan until just below boiling point, stirring to dissolve the coffee. *Do not let the cream boil.*

Beat the eggs, egg yolks, brown sugar and the cardamom in a large bowl until pale and thick. Very slowly whisk the hot cream into the egg mixture. Strain into a bowl, cover and chill.

Preheat the oven to 125°C

**To assemble:** Place the ramekins in a deep roasting dish lined with a cloth and divide the custard evenly between each. Add enough boiling water to come halfway up the sides of the ramekins. Cover the dish with foil then pierce all over with a skewer. Bake for 1 hour or until the custard is just set. *It should have a slight wobble in the centre.* Remove from the roasting dish, cool, cover and refrigerate for several hours or overnight.

**To finish:** Sprinkle 1 tablespoon of sugar over the top of each pudding and use a kitchen torch to caramelize the sugar. **Serves 6**



Make this recipe SPCA Blue Tick friendly by buying Blue Tick cruelty-free approved eggs. See pg 2 for brands which carry the Blue Tick.



Roasted Spring Vegetables with  
Fresh Parmesan, Ricotta and Almonds

## Lemon, Yoghurt and Poppy Seed Cake with Blueberry Sauce

<b>Cake</b>	pinch of sea salt
¼ cup milk	½ teaspoon baking soda
3 tablespoons poppy seeds	<b>Blueberry sauce</b>
¾ cup thick plain yoghurt	500 grams frozen blueberries, thawed with their juices
⅓ cup vegetable oil	3-4 tablespoons icing sugar
1 cup caster sugar	lime juice
1 teaspoon vanilla extract	2 teaspoons cornflour
finely grated zest 3 lemons	<b>To serve</b>
¼ cup lemon juice	icing sugar
2 eggs	yoghurt or softy whipped cream
1½ cups self-raising flour	

Grease a 24 cm spring-form cake tin and fully line with baking paper. Preheat the oven to 180°C. Put the milk and poppy seeds in a small saucepan and bring to the boil. Set aside to cool. *This softens the seeds and brings out their flavour.*

Whisk the yoghurt, oil, sugar, vanilla, lemon zest and juice, the eggs and the cooled milk and poppy seeds in a large bowl. Sift the flour, salt and baking soda together and whisk into the yoghurt mixture until smooth. Pour the batter into the tin and bake for 30-35 minutes until golden and firm to the touch. Allow to cool before removing from the tin.

**Blueberry sauce:** Place 300 grams of the blueberries and all the juice in a food processor with 3 tablespoons of icing sugar. Blend until smooth, taste and add more icing sugar if needed. Tip into a small saucepan. Mix the cornflour with 1 tablespoon of water until smooth. Stir into the juice and bring to the boil. Cook for 3 minutes. Stir in the whole blueberries and transfer to a bowl. Cool then stir in a good squeeze of lime juice.

**To serve:** Place the cake on a serving plate and dust with icing sugar. Serve with yoghurt and the blueberry sauce. **Serves 8**



# and to drink...

Wine writer Yvonne Lorkin suggests matches for these dishes



## Warm Salmon Carpaccio

You must try the **Locharburn Central Otago Pinot Rosé 2009 (\$22)** because not only is it a gorgeous salmon-pink colour and bursting with creaming soda, white peach and raspberry aromas; it's also super-clean and elegant to drink. One of the prettiest, tastiest Rosés I've tried all year.

To order visit online at [locharburnwines.co.nz](http://locharburnwines.co.nz) or phone 03 445 3510

## Beef and Beetroot Salad with Anchovy Dressing

Go directly to a bottle of **Wooring Tree Beetlejuice Central Otago Pinot Noir 2008 (\$26)** because it's loaded with delicious forest-floor and spicy notes combined with red cherry, beetroot and dried herbal flavours. Its slightly chewy tannins work beautifully with the beef too.

For stockists or to order visit online at [wooringtree.co.nz](http://wooringtree.co.nz)

## Mussels and Clams in a White Wine and Tarragon Broth

I love this recipe! Mostly because I use the **Mondillo Central Otago Riesling 2009 (\$23)** in the broth and can enjoy a glass while I'm eating too. It has delicate apple skin and beeswax aromas and is ultra-limey and samurai sharp in the mouth. Superb.

For details visit online at [mondillo.com](http://mondillo.com)

## Navarin of Spring Lamb

Only bottled in August, the **Te Mata Woodthorpe Gamay Noir 2010 (\$20)** has bright raspberry and tangy rhubarb notes rounded out by a few months in old barrels to give it juicy weight in the mouth – it's the perfect light red for this spicy lamb.

To order visit online at [temata.co.nz](http://temata.co.nz) or phone 0800 836 282

## Baked Semolina Gnocchi

The subtle flavours of herbs, garlic and cheese work sensationally with the **Matawhero Gisborne Arneis 2009 (\$24)**. It has fresh white peach, dried herbs and grapefruity notes on the nose, with a clean, dry herbaceous character in the mouth. Its fresh minerality and lean, textural finish work beautifully here.

Available at Glengarry – 0800 733 505

## Lamb Sausage and Red Wine Ragù

I love the rich, meaty **Matakana Estate Cabernet Franc 2008 (\$30)** because it's layered with cocoa, plum and deliciously warming spices in the mouth. Soothing, sexy and utterly drinkable. Those who like their reds with a bit of spine will love this.

For stockists or to order visit online at [matakanaestate.co.nz](http://matakanaestate.co.nz)

## Pork, Chorizo and Herb Terrine

The **Bilancia Hawke's Bay Pinot Gris 2009 (\$24)** is perfumed with peach, pear and almond-meal. In the mouth it's clean, fresh and dry with elegant minerality and gentle, textural length – the perfect partner with this terrine.

To order visit online at [bilancia.co.nz](http://bilancia.co.nz) or for stockists phone 09 621 0210

## Leek and Goat's Cheese Tart with Walnut Pastry

Look no further than the **Kidnapper Cliffs Solan 2009 (\$35)**. A Sauvignon Blanc/Semillon blend, it's perfumed with elderflower and herbs and has a crisp, luscious lemony flavour that works beautifully with the subtleties of leek and goat's cheese.

For details visit [kidnappercliffs.com](http://kidnappercliffs.com)

## Coffee and Brown Sugar Brûlées

A snifter of **Carolans Irish Cream (\$22)** with its enticing aromas of honeycomb, caramel and whisky is the perfect cohort for coffee. On the palate it's sweet, creamy and perfectly smooth.

Widely available at liquor stores nationwide or via Beam Global 09 915 8464

## Lemon, Yoghurt and Poppy Seed Cake with Blueberry Sauce

Here's an interesting combination, but one that really works. Try the brand new **Boom Marlborough Sparkling Pinot Gris 2008 (\$21)** because it has quince and lemon pith notes and a dry, mineral-driven finish that cuts through the sweetness of the cake and counters the berry flavours in the sauce.

For details phone Global Wine Consultants on 09 846 0555

## PROP CREDITS:

**Warm Salmon Carpaccio:**  
tablecloths and napkin – Victorian Gilt; plates – Macy Home; cutlery – Antiques of Epsom; glass – Romantique; pink dish – Le Monde Home; yellow stool, vases – Madder & Rouge; school desks used as tables – Philippe's French Antiques.

**Beef and Beetroot Salad with Anchovy Dressing:**  
plate – Le Monde Home; red chair – Madder & Rouge; napkin – Victorian Gilt; cutlery – Antiques of Epsom; shutters – Philippe's French Antiques.

**Mussels and Clams in a White Wine and Tarragon Broth:**  
earthenware bowl, small bowl with flowers and serving spoon – Philippe's French Antiques; Madagascar striped napkin – Corso de Fiori; yellow leaf plate – Romantique; checked napkin – Victorian Gilt.

**Caramelised Red Onion, Black Olive and Herb Bread:**  
table cloth and napkin – Victorian Gilt; knife – Antiques of Epsom; Victorian jug – Flotsam & Jetsam.

**Navarin of Spring Lamb:**  
stool and blue vase – Madder & Rouge; platter, stack of plates and champagne glasses – Flotsam & Jetsam; serving fork and cutlery – Antiques of Epsom; cloth and napkin – Victorian Gilt; flower arrangement and cut green vase – Nina & Co Flowers.

**Baked Semolina Gnocchi:**  
Scoop Quiche dish in Moana Blue – Milly's; table cloth – Victorian Gilt; earthenware bowl – Philippe's French Antiques; cutlery and serving spoon – Antiques of Epsom; glasses, plates, blue vase – Flotsam & Jetsam; pink dish – Le Monde Home.

**Pork, Chorizo and Herb Terrine:**  
French board – Bashford Antiques; plate – Flotsam & Jetsam; French glass working jar – Milly's; glass vases in background – Madder & Rouge; napkins – Victorian Gilt; cut glass vase and flowers – Nina & Co Flowers; luncheon plate in background – Le Monde Home.

**Leek and Goat's Cheese Tart with Walnut Pastry:**  
platter – Milly's; silver slice – Antiques of Epsom; lunch plates and madagascar napkins – Corso de Fiori; tablecloth – Victorian Gilt; yellow leaf plate – Romantique; blue and white Jug – Flotsam & Jetsam.

**Coffee and Brown Sugar Brûlées:**  
tablecloth – Victorian Gilt; cup and saucers – Macy Home; teaspoons – Antiques of Epsom; glass bowl – Madder & Rouge.

**Lemon, Yoghurt and Poppy Seed Cake:**  
tablecloths – Victorian Gilt; green and white plate – Flotsam & Jetsam; glass jug – Redcurrent; cake plate – Romantique; forks – Antiques of Epsom.

Meat supplied by Aussie Butcher, Newmarket.

See 'Where to Buy' pg 129. All other props stylist's own.



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Date, Rum and Ricotta Strudels  
[see recipe following page]

# all wrapped up

try this fun way of preparing dishes using  
leaves, paper, pastry and even rice



Recipes and food styling by Claire Aldous  
Photography by Aaron McLean



## Date, Rum and Ricotta Strudels

Substitute the rum with another spirit or liqueur if desired. Whisky, brandy, coffee and hazelnut all go well with dates. The date paste can be made several days in advance. Store covered in the fridge, adding the almonds to the paste when assembling the pastries.

<b>Date paste</b>	<b>Rum syrup</b>
200 grams pitted dried dates, roughly chopped	½ cup water
2 tablespoons caster sugar	½ cup caster sugar
finely grated zest and juice of 1 orange	2 tablespoons rum
¼ cup water	<b>To assemble</b>
1 teaspoon vanilla extract	12 sheets filo pastry
½ teaspoon ground cinnamon	½ cup melted butter
¼ teaspoon ground cardamom	150 grams firm ricotta
2 tablespoons dark rum	2 tablespoons sesame seeds
70 grams sliced almonds, roasted and roughly chopped	icing sugar for dusting
	mascarpone for serving

Put all the paste ingredients, except the rum and almonds, in a medium saucepan and cook over a low heat, stirring often, until it forms a thick paste. *The dates should be very soft and all the liquid evaporated.* Stir in the rum and almonds and cool.

**Syrup:** Put the water and sugar in a small saucepan and bring to the boil, stirring to dissolve the sugar. Boil for 1 minute then add the rum. Tip into a bowl and cool.

**To assemble:** Preheat the oven to 180°C.

Lay one sheet of filo on the bench with the long end towards you. Brush with melted butter and sprinkle with sesame seeds. *Keep the remaining pastry covered with a damp tea towel to prevent it drying out.* Brush another sheet of pastry with butter and lay it on top. Sprinkle with more sesame seeds. Repeat to make 4 layers. Cut the pastry into 3 strips.

Place a spoonful of date paste in the bottom left hand corner of each strip and top with a spoonful of ricotta. Brush the border with butter and fold up to make a triangle. Place on a lined baking tray, seam side down, brush with butter and sprinkle with sesame seeds. Repeat with the remaining pastry and filling.

Bake for 15–20 minutes until golden and crisp, turning the tray halfway through for even browning. Transfer to a cooling rack.

**To serve:** Dust with icing sugar and serve warm or at room temperature with mascarpone and rum syrup. Makes 9 strudels



## Stuffed Mushrooms Baked in Silverbeet Leaves

6 large silverbeet leaves	1 teaspoon ground cumin
6 Portobello mushrooms	150 grams cream cheese, diced, at room temperature
2 tablespoons olive oil	1 cup chicken stock
knob of butter	½ cup instant couscous
3 slices streaky bacon, finely sliced	¼ chopped flat-leaf parsley
1 small onion, finely chopped	1 cup grated mozzarella
2 cloves garlic, crushed	6 x 10 cm wide muffin tins
1 tablespoon chopped thyme	

Preheat the oven to 180°C.

Lightly grease the muffin tins. *Use individual baking dishes if you don't have wide muffin tins. Make sure your mushrooms will fit into the tins when raw.*

Cut the stalks off the silverbeet and wash the leaves well under cold water to remove any dirt. Cook in boiling salted water for 2 minutes. Drain and refresh under cold water then pat dry with kitchen towels.

Gently pull the stalks out of the mushrooms and chop finely.

Heat the olive oil and butter in a sauté pan and add the mushroom stalks, bacon, onion, garlic, thyme and cumin. Cover and cook until the onion is soft. Add the cream cheese and stock and bring to the boil, crushing the cheese with the back of a spoon to help it melt. Remove from the heat, stir in the couscous and season. Set aside, stirring occasionally, until the filling is cool and the couscous has absorbed the liquids. Stir in the parsley.

**To cook:** Brush the silverbeet leaves with olive oil and fully line the muffin tins, bringing the leaves up the sides of the tins.

Place a mushroom in each leaf and spoon in the filling, mounding it up. Bake for 10 minutes then top each mushroom with mozzarella. Bake for a further 10 minutes until the top is golden and the mushrooms are tender.

**To serve:** Remove the mushrooms from the tin with a palate knife. Place on serving plates and serve with a salad. Makes 6



### Pantry Note

**Filo pastry:** (also spelt phyllo) A type of paper thin pastry from the Eastern Mediterranean. It is used for sweet and savoury dishes and is readily available fresh from the supermarket. It is important to keep it covered while in use as it dries out quickly when exposed to the air.





Baked Fish in Banana Leaves with  
Mango Salad [see recipe following page]



## Baked Fish in Banana Leaves with Mango Salad

6 x 200 gram fillets firm  
white fish (I used monkfish)

6 pieces of banana leaf\*  
about 20 cm x 25 cm

vegetable oil

### Spice paste

½ small onion, finely chopped

2 cloves garlic, crushed

1 tablespoon grated fresh ginger

¼ teaspoon ground turmeric

pinch of chilli powder

1 tablespoon fish sauce

¼ cup packed Thai basil leaves  
(or regular basil or mint)

½ cup thick coconut cream

### Mango salad

2 tablespoons peanut oil

1 teaspoon black or yellow  
mustard seeds

1 small red onion,  
finely chopped

2 teaspoons grated fresh ginger

2 teaspoons brown sugar

pinch of chilli powder

½ teaspoon sea salt

juice of 1 lime

1 mango, peeled and diced

**Spice paste:** Put all the ingredients in a food processor and blend until smooth.

Place the fish in a shallow dish, add the spice paste and turn to coat. The fish can be marinated for several hours ahead, covered and refrigerated.

**Mango salad:** Heat the oil in a small saucepan with the mustard seeds, onion and ginger. Cover and cook until the onion is tender. Add the brown sugar, chilli and salt and cook for 1 minute. Remove from the heat and stir in the lime juice. Fold in the mango and set aside.

**To assemble:** Rub both sides of the banana leaves with a paper towel dipped in vegetable oil. Place a piece of fish along the short side of the leaf and roll up. Fold in the sides and secure with a toothpick.

**To cook:** Place on a preheated grill plate and cook for 5 minutes each side until the fish feels firm and a skewer inserted through the banana leaf easily pierces the fish with no resistance.

**To serve:** Transfer the parcels to a platter. Open the banana leaves and top the fish with a spoonful of the salad. Serves 6

\*Bags of frozen banana leaves are available from Asian food stores.



## Steamed Pork Spare Ribs in Lotus Leaves

Ask your butcher to chop the spare ribs into 4 cm lengths or you can do it yourself using a sturdy meat cleaver.

1 kilogram meaty pork  
spare ribs cut 4 cm long

### Marinade

1 tablespoon cornflour

½ teaspoon Chinese 5 spice

4 tablespoons water

2 spring onions, finely chopped

1 tablespoon grated fresh ginger

1 tablespoon soy sauce

½ teaspoon caster sugar

1 tablespoon black bean sauce

2 teaspoons sesame oil

### To cook

3-4 lotus leaves

8 pieces baking paper

to line the leaves

Put the spare ribs into a saucepan of cold water and bring to the boil, skimming the surface as necessary. Cook at a fast simmer for 20 minutes then drain well and rinse under cold water.

**Marinade:** Combine the cornflour, 5 spice and 1 tablespoon of the water in a small bowl and stir to make a smooth paste. Place the remaining ingredients in a large bowl and stir in the cornflour mixture. Add the spare ribs and turn well to coat.

Cover and refrigerate for 2-3 hours or up to 24 hours.

Cut the tough stalk end off the lotus leaves then cut out 8 large pieces. Place in a large dish and cover with very hot water for 30 minutes to soften. Drain well and pat dry. Place a piece of baking paper in the centre of each leaf and top with a small pile of ribs and marinade.

Bring the sides together to form a pouch and tie the top securely with kitchen string.

Place the parcels in a steaming basket set over a wok or large saucepan of boiling water. Steam for 30-40 minutes until very tender and the meat has pulled away from the bone. Makes 8 parcels



### Pantry note

Bags of dried lotus leaves are available from Asian food stores and generally contain 6-7 very large leaves. Some can be quite ripped or mottled so cut out large unblemished pieces for wrapping the spare ribs.



## Crispy Duck Spring Rolls

2 single, boneless duck breasts	2 tablespoons soy sauce
20 grams dried shiitake mushrooms, thinly sliced	sea salt and freshly ground pepper
2 teaspoons sesame oil	<b>To cook</b>
2 cloves garlic, crushed	large spring roll wrappers
2 cups finely shredded cabbage	1 tablespoon cornflour
1 cup julienne or grated carrot	2 tablespoons water
2 spring onions, finely sliced	vegetable oil for frying
1 tablespoon grated fresh ginger	<b>To serve</b>
2 teaspoons cornflour	sweet chilli sauce, plum sauce or nuoc mam (see recipe below)*
2 tablespoons Shaoxing cooking wine*	

Put the mushrooms in a bowl, cover with boiling water and leave for 15 minutes. Drain then squeeze out the excess water. Chop finely.

Using a sharp knife, lightly score the skin of the duck breasts in a criss-cross pattern and season both sides.

Heat a sauté pan over a low heat. Place the duck, skin side down and cook for 10 minutes until the skin is golden and crisp and a lot of fat has rendered into the pan. Turn the duck over and cook for another 2-3 minutes. *The duck should be pink but not raw in the centre.*

Transfer to a plate and leave to cool. *Don't wash the pan.*

Drain off most of the duck fat, leaving only 2 tablespoons in the pan. Increase the heat and add the sesame oil.

Add the mushrooms, garlic, cabbage, carrot, spring onions and ginger and stir fry over a high heat for 2-3 minutes until just wilted. Combine the cornflour, Shaoxing cooking wine and soy sauce to make a smooth paste. Stir into the vegetables and cook for 2 minutes. Season and cool.

Remove the duck skin and discard. Slice the meat thinly against the grain then cut into long, thin strips. Add to the vegetables with any resting juices.

**To cook:** Combine the cornflour and water to make a smooth paste.

Lay a spring roll wrapper on the bench with one of the corners facing you and brush the edges with the cornflour paste.

Place a heaped tablespoon of the mixture along the bottom third of the wrapper then roll up tightly, folding in the edges as you roll. Repeat with the remaining wrappers and filling. *Make sure the seams are tightly sealed so it doesn't unroll during cooking.*

Heat 4 cm of vegetable oil in a wok or deep saucepan to 170°C. Cook the spring rolls, in batches, for 2-3 minutes until golden and crisp. Drain on kitchen towels.

**To serve:** Arrange on a platter and serve hot with sweet chilli sauce, plum sauce or nuoc mam. Makes about 12

## Nuoc Mam

2 fresh red chillis, thinly sliced	120 mls water
2 cloves garlic, finely chopped	50 mls fish sauce
2 teaspoons sugar	50 mls lime juice

Combine all the ingredients in a bowl and adjust for taste if necessary with extra sugar or fish sauce.



### Cook's Tip

If you don't have a deep fry thermometer, you can test the temperature by dropping a piece of bread into the hot oil. When it is the right temperature it should turn golden in 30 seconds.

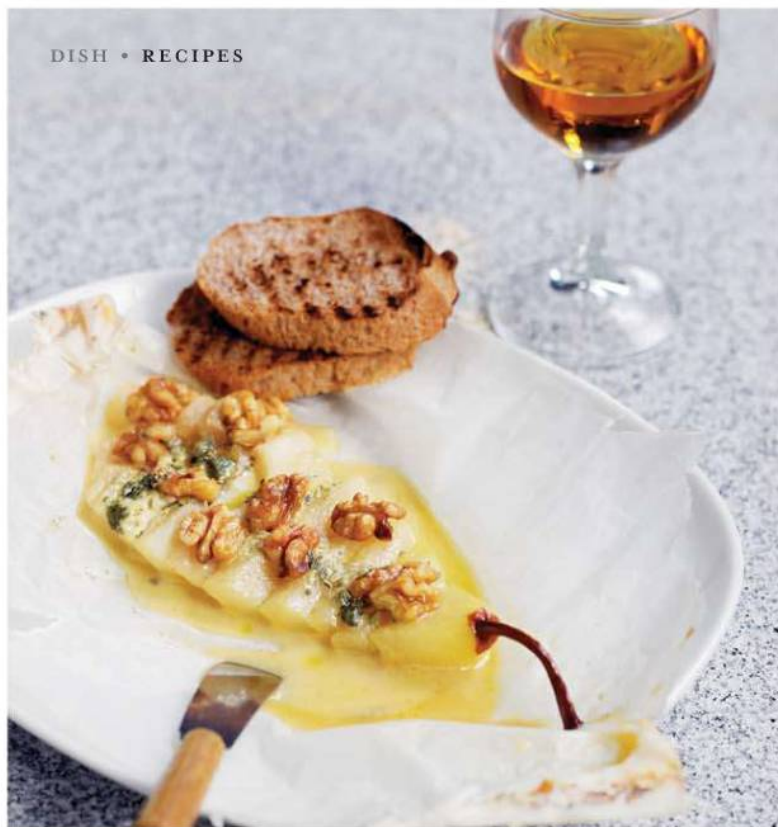
### Pantry Notes

Packets of frozen spring roll wrappers are available from Asian food stores. They come in small and large sizes.

#### Shaoxing cooking wine:

(pronounced SHAU-sing) This wine for cooking is derived from glutinous rice. The flavour enriches braised dishes and marinades. Available from Asian food stores.





## Pears, Blue Cheese and Walnuts in Baking Paper

*These pears make an elegant cheese course or serve them in lieu of dessert.*

3 firm but ripe pears	6 tablespoons runny honey
100 grams soft blue cheese	½ cup cream
½ cup walnuts, roasted	<b>To serve</b>
	slices of toasted walnut bread or brioche

Preheat the oven to 180°C. Cut 6 pieces of baking paper to measure 30 cm x 30 cm.

Peel, halve and core the pears. Cut into thin slices, keeping the pear in its shape. Carefully place it in the centre of the baking paper, hollow core side up and fan the slices slightly.

Crumble over the cheese then the walnuts and drizzle with honey and cream. Bring the edges together and seal by folding the sides over and securing with staples or paper clips. Transfer to a baking tray and roast for 10-15 minutes until the pears are tender and the cream is bubbling.

**To serve:** Let the parcels rest for 10 minutes then transfer to shallow bowls or plates. Use scissors to cut open the paper and serve warm with the toasted walnut bread or brioche. Serves 6

### PROP CREDITS:

**Date, Rum and Ricotta Strudels:** Background tile – Artdomus; pewter plate and English coffee pot – Bashford Antiques; espresso cup and saucer – Milly's.

**Stuffed Mushrooms Baked in Silverbeet Leaves:** tile – Artdomus; Yumiko Sekine - Linen striped lunch tray and Linen round tray – Simon James Design; cocktail mini glass – Living & Giving.

**Baked Fish in Banana Leaves with Mango Salad:** tile – Artdomus; leaf platter and plate – Corso de Fiori.

**Steamed Pork Spare Ribs in Lotus Leaves:** tile – Artdomus; bowls – Wah Lee.

**Crispy Duck Spring Rolls:** tile and platter – Artdomus; Nova dip bowls – Country Road; napkins – Acland Holdings.

**Pears, Blue Cheese and Walnuts in Baking Paper:** tile – Artdomus; pure white plate – Nest.

Meat supplied by Aussie Butcher, Newmarket.

See 'Where to Buy' pg 129. All other props stylist's own.

## and to drink...

*Wine writer Yvonne Lorkin suggests matches for these dishes*



### Date, Rum and Ricotta Strudels

After trying the obvious combinations it was actually one from way out of left field that proved the most delicious with this dessert. A shot of **Barbadillo Brandy de Jerez (\$46)** with its rich, smoky, peaty notes just sings with the date paste, orange and almonds.

For stockists or to order visit online at [casaaragon.co.nz](http://casaaragon.co.nz)

### Stuffed Mushrooms Baked in Silverbeet Leaves

Pinot Noir all the way with this one people! The **Mitre Rocks Central Otago Pinot Noir 2008 (\$41)** has all those delicious baked strawberry and earthy, spicy notes that work so well with moreish recipes like this, and its soft, plump, finish will have you reaching for more.

For stockists or to order visit online at [mitrerocks.co.nz](http://mitrerocks.co.nz)

### Baked Fish in Banana Leaves with Mango Salad

One sip of **Cable Bay Waiheke Island Chardonnay 2008 (\$33)** and you'll see why its gorgeous peaches and cream complexity is a perfect match for this spicy Eastern-inspired dish. A solid vein of acidity cuts through the sweet and sour mango salad – sublime.

For stockists or to order visit online at [cablebayvineyards.co.nz](http://cablebayvineyards.co.nz)

### Steamed Pork Spare Ribs in Lotus Leaves

The **Durvillea Marlborough Pinot Grigio 2009 (\$15)** has vibrant fresh pear and quince aromas and is so packed with flavour it's hard to know where to start. It has just the right balance of acidity and juicy, tropical fruit and is just delicious with these sticky, spicy ribs.

To order visit online at [durvilleawines.co.nz](http://durvilleawines.co.nz)

### Crispy Duck Spring Rolls

Do what you must to lay your hands on a glass of **Wild Rock Strugglers Flat Martinborough Pinot Noir 2008 (\$25)** to enjoy with this dish. Black tea, mushroom, dried herbs, cherry and berry flavours lead to a lush, slippery finish that's just magic with the duck.

For stockists visit online at [wildrockwine.co.nz](http://wildrockwine.co.nz)

### Pears, Blue Cheese and Walnuts in Baking Paper

This classic flavour/texture combination cries out for good Pinot Gris and the **Akarua Central Otago Pinot Gris 2009 (\$25)** is definitely up there. Winter Cole pear, quince and white peach notes combined with a rich, oily texture make for a sensational partnership with the blue cheese and walnuts.

For stockists or to order visit online at [akarua.com](http://akarua.com)





# EASY EVERYDAY

simple solutions for dinners  
any night of the week





Stir-Fried Beef and Asparagus





## Stir-Fried Beef and Asparagus

600 grams sirloin steak	<b>To cook</b>
3 tablespoons oyster sauce	1 tablespoon each vegetable and sesame oils
3 tablespoons kecap manis	4 tablespoons Shaoxing cooking wine
1 tablespoon grated fresh ginger	200 grams asparagus, thinly sliced on the diagonal
2 cloves garlic, crushed	2 spring onions, thinly sliced
1 tablespoon sesame seeds	¼ cup chopped coriander
<b>Paste</b>	<b>To serve</b>
¼ cup raw peanuts	hot cooked egg noodles
½ small red onion, thinly sliced	extra chopped roasted peanuts to serve, optional
2 tablespoons sweet chilli sauce	

Thinly slice the steak against the grain. Combine the remaining ingredients in a bowl, add the meat and turn to coat each piece in the marinade.

**Paste:** Put the peanuts, onion and chilli sauce in a food processor and process to a paste. *It will be pink.*

**To cook:** Heat the oils in a wok until hot. Add the beef in batches, cooking for 1 minute. *Add a little more oil to the wok if needed between batches.* Transfer the meat to a plate as it is cooked. *Do not let the wok catch and burn at any point. Add a splash of Shaoxing or water if necessary.*

Add the paste to the wok and stir fry for 1-2 minutes until fragrant. Stir in the Shaoxing then the asparagus, spring onions and the beef with any resting juices and cook until the asparagus is crisp tender. Stir in the coriander.

**To serve:** Place noodles in serving bowls and spoon over the beef. Top with roasted peanuts. *Serves 4*

### Cook's Tip

Use thinly sliced round green beans when asparagus is not in season.

### Pantry Notes

**Kecap Manis:** (pronounced KETCH-up MAN-iss) A sweetish, thick soy sauce made with palm sugar and seasoned with star anise and garlic. A popular ingredient for Indonesian cooks; it is used as a condiment or as a substitute for dark soy sauce.

**Shaoxing cooking wine:** (pronounced SHAU-sing) This wine for cooking is derived from glutinous rice. The flavour enriches braised dishes and marinades. Available from Asian food stores.

## Spring Vegetable and Prawn Fritters with Lemon Yoghurt Sauce

*You could cook these fritters on the preheated flat-plate of the barbecue. They are also delicious for brunch topped with a soft poached egg and hollandaise sauce.*

<b>Fritters</b>	<b>Yoghurt sauce</b>
300 grams zucchini	1 cup thick plain yogurt
1 cup baby peas, cooked	finely grated zest and juice 1 small lemon
200 grams asparagus, trimmed and sliced thinly	½ teaspoon each ground paprika and cumin
3 spring onions, sliced thinly	1 clove garlic, crushed
200 grams raw prawns, roughly chopped	2 tablespoons chopped mint
3 eggs	<b>To cook</b>
2 cloves garlic, crushed	olive oil
¼ cup chopped mint	butter
finely grated zest 1 lemon	
¾ cup self-raising flour	

**Sauce:** Combine the ingredients in a bowl and season.

**Fritters:** Coarsely grate the zucchini into a colander and sprinkle with 1 teaspoon of salt. Leave to drain for 20 minutes then tip onto a clean tea towel, roll up and squeeze out the excess moisture.

Combine the zucchini, peas, asparagus, spring onions and prawns in a large bowl.

Place the eggs, garlic, mint, lemon zest and flour in a food processor and blend until smooth. Add to the vegetables and combine well. Season.

Heat a little olive oil and butter in a large sauté pan and cook large spoonfuls of the mixture for 2-3 minutes each side until golden and cooked through. *You should get 12 fritters.* Place the fritters in a warm oven until they are all cooked.

Serve with the green salad on page 119 and a bowl of crisp sautéed potatoes. *Serves 4*



“The fritters are also delicious  
for brunch topped with  
a soft poached egg and  
hollandaise sauce.”



Spring Vegetable and Prawn Fritters with  
Lemon Yoghurt Sauce [see recipe previous page]









## Clay Pot Pork

Cooking in a clay pot of any sort imparts wonderful flavours into a dish. If using a clay pot for the first time, submerge it fully in cold water for 24 hours first, otherwise it will crack when placed on the heat. Chinese clay pots are inexpensive and widely available at Asian stores.

<b>Caramel</b>	2 tablespoons soy sauce
½ cup chicken stock or water	2 star anise
½ cup coconut milk*	½ teaspoon freshly ground pepper
3 tablespoons caster sugar	<b>To finish</b>
3 tablespoons water	2-3 teaspoons cornflour
<b>Pork</b>	1 tablespoon water
1 kilogram boneless pork belly, skin off (I used free-farmed)	<b>To serve</b>
1 tablespoon grated fresh ginger	2 spring onions, thinly sliced
2 cloves garlic, crushed	hot cooked rice
2 tablespoons fish sauce	steamed broccoli or Asian greens

**Caramel:** Combine the stock and coconut milk. Put the sugar and water in a small saucepan over a low heat and stir until the sugar is dissolved. Increase the heat and cook until a deep golden brown. Immediately add the combined liquid (*it will bubble up furiously*) and stir to dissolve any lumps of caramel.

**Pork:** Trim the pork of excess fat and cut into 3 cm thick slices.

Tip the caramel into a large clay pot or sauté pan with a lid, add all the remaining ingredients, except the pork, and bring to the boil. Add the pork and turn to coat in the sauce. Place a piece of scrunched up baking paper over the meat and cover tightly with the lid. Simmer gently for 1 hour, stirring occasionally, or until the pork is tender and a deep golden colour. *A simmer mat is ideal for this.*

**To finish:** Combine the cornflour and water in a small bowl to make a smooth paste and stir into the cooking juices. Simmer for 3-4 minutes until lightly thickened and glossy.

**To serve:** Put the hot cooked rice and greens in bowls and top with the pork and sauce. Scatter with spring onions and serve immediately.

**Serves 4**



Make this recipe SPCA Blue Tick friendly by buying Blue Tick cruelty-free approved pork. See pg 2 for brands which carry the Blue Tick.

## Spicy Lamb Sausages with White Bean Hummus

<b>Sausages</b>	<b>White bean hummus</b>
600 grams good lamb mince	1 x 400 gram tin cooked white cannellini beans, drained
½ cup fresh white breadcrumbs	2 cloves garlic, crushed
2 tablespoons milk or water	¼ cup tahini
2 tablespoons pomegranate molasses	finely grated zest and juice 1 lemon
1 teaspoon each ground cinnamon, ginger and cumin	3-4 tablespoons water
½ teaspoon ground allspice	<b>To serve</b>
2 cloves garlic, crushed	handful of herbs, choose one herb or a combination of mint, flat-leaf parsley and coriander
¼ cup finely chopped mint or flat-leaf parsley	1 small red onion, thinly sliced
sea salt and freshly ground pepper	12 large black olives, halved and stoned
	olive oil and pomegranate molasses
	warm mountain breads or other flat breads

**Sausages:** Combine all the ingredients, except the lamb, in a large bowl. Add the lamb, season well with salt and pepper and mix thoroughly. *Don't be tempted to use a food processor or you will end up with a paste.*

Divide the mixture into 16 portions and form into 12 cm long sausages.

**Hummus:** Place all the ingredients in a food processor and blend until smooth, adding enough water to make a soft purée. Season well.

**To cook:** Heat a little olive oil at a medium-low heat in a non-stick sauté pan or on the pre-heated flat grill plate on the barbecue. Cook the sausages on all sides until golden and cooked through but not dry. Drain on kitchen towels. *If the pan is too hot the sausages will catch and burn due to the pomegranate molasses.*

**To serve:** Spread a large spoonful of hummus on serving plates. Top with 4 sausages then scatter with herbs, red onion and olives. Drizzle with a little olive oil and pomegranate molasses and serve with warm mountain breads. **Serves 4**

## Pantry Note

**Pomegranate molasses:** a thick syrup produced by cooking down pomegranate juice. It is a slightly astringent, sweet-sour condiment used widely throughout the Eastern Mediterranean. Available at specialty food stores.





Spicy Lamb Sausages with  
White Bean Hummus







## Fettuccine with Fish, Clams and Tomatoes

- |                                    |  |
|------------------------------------|--|
| 24 clams*                          | pinch of chilli flakes                 |
| 600 grams firm white fish fillets  | zest and juice 1 lemon                 |
| ½ cup plain flour                  | ½ cup white wine or chicken stock      |
| sea salt and freshly ground pepper | 1 x 400 gram tin whole cherry tomatoes |
| 3 tablespoons olive oil            | 2 tablespoons capers                   |
| knob of butter                     | ¼ cup chopped flat-leaf parsley        |
| 1 onion, finely chopped            | <b>To serve</b>                        |
| 2 cloves garlic, crushed           | 300 grams dried fettuccine             |
| 1 teaspoon sweet smoked paprika    |  |

Put the clams in a bowl of cold water and soak for 10 minutes. Cut the fish into large bite-sized pieces.

Place the flour in a shallow bowl and season well with salt and pepper.

Heat the olive oil and butter in a wide sauté pan. Dust the fish in flour, shaking off the excess and cook until golden. Transfer to a plate, cover and keep warm. *Do not wash the pan.*

Add the onion, garlic, paprika, chilli and the lemon zest and juice to the pan, season and cook until the onion is tender. Drain the clams and add to the pan with the wine, tomatoes and capers. Increase the heat, cover and cook until the clams have opened, shaking the pan occasionally. *Remove any clams that don't open.* Add the flat-leaf parsley and the fish with any resting juices back to the pan and gently combine.

Cook the fettuccine in a large saucepan of boiling, well salted water until cooked. Drain well and toss with a little olive oil.

**To serve:** Divide the fettuccine between bowls and spoon over the fish and clams. Serve with warm, crusty bread rolls. **Serves 4-6**

\* Use small mussels if clams are not available.

## Grilled Chorizo and Avocado Salad

*If you have one, a mandolin makes light work of slicing the vegetables wafer thin.*

- |   |   |
|---|---|
| 2 cured chorizo sausages                | <b>Dressing</b>   |
| 1 tablespoon olive oil                  | 1 cup packed coriander leaves with stems, roughly chopped |
| 2 cups very thinly sliced white cabbage | zest and juice 1 large lime                               |
| 2 cups very thinly sliced red cabbage   | 2 cloves garlic, crushed                                  |
| 1 cup julienne carrot*                  | 1 tablespoon honey  |
| 1 red capsicum thinly sliced            | ½ cup olive oil   |
| 1 x 400 gram tin cooked black beans     | sea salt and freshly ground pepper                        |
|   | <b>To serve</b>   |
|   | 1 avocado, sliced   |
|   | 150 grams feta, crumbled                                  |

**Dressing:** Place the ingredients in a food processor and process until smooth. Season.

Slice the chorizo on the diagonal. Heat the oil in a sauté pan and cook the chorizo until golden on both sides. Drain on paper towel.

Drain and rinse the black beans and combine with the cabbage, carrot and capsicum in a large bowl. Toss with half the dressing.

**To serve:** Place half the salad on a serving platter and top with half the avocado and feta. Repeat with the remaining ingredients and serve with warm crusty rolls. Serve the remaining dressing separately. **Serves 4-6**

*Julienne – see technique pg 128.*







## Fennel, Pea and Parmesan Risotto

5 cups chicken or vegetable stock	1½ cups risotto rice
2 tablespoons olive oil	½ cup vermouth or white wine
knob of butter	<b>To finish</b>
1 onion, finely chopped	knob of butter
1 fennel bulb, thinly sliced, fronds reserved	¼ cup freshly grated Parmesan cheese
2 cloves garlic, crushed	1 cup baby peas, cooked
1 tablespoon chopped thyme	½ cup mascarpone
	4 slices prosciutto, optional

Put the stock in a saucepan, heat and keep warm.

Melt the butter with the olive oil in a saucepan over a medium heat. Add the onion, fennel, garlic and thyme with a good pinch of salt, cover and cook until the vegetables are soft but not coloured.

Add the rice, stirring well to coat each grain in the oil. Cook for another minute until the rice is warm (toasted).

Add the wine and stir until most of the liquid has been absorbed.

Begin adding the stock, a ladle at a time, stirring and allowing the liquid to be absorbed before adding the next quantity. When the risotto is tender to the bite and has a creamy consistency, about 20 minutes, add the butter, Parmesan cheese and the peas and stir to combine. Season.

**To serve:** Place the risotto in warm shallow plates. Top with spoonfuls of mascarpone and drape with a slice of prosciutto if using. Grind over a little freshly ground pepper and a drizzle of good olive oil. Serve immediately. *Serves 4*



## Green Salad

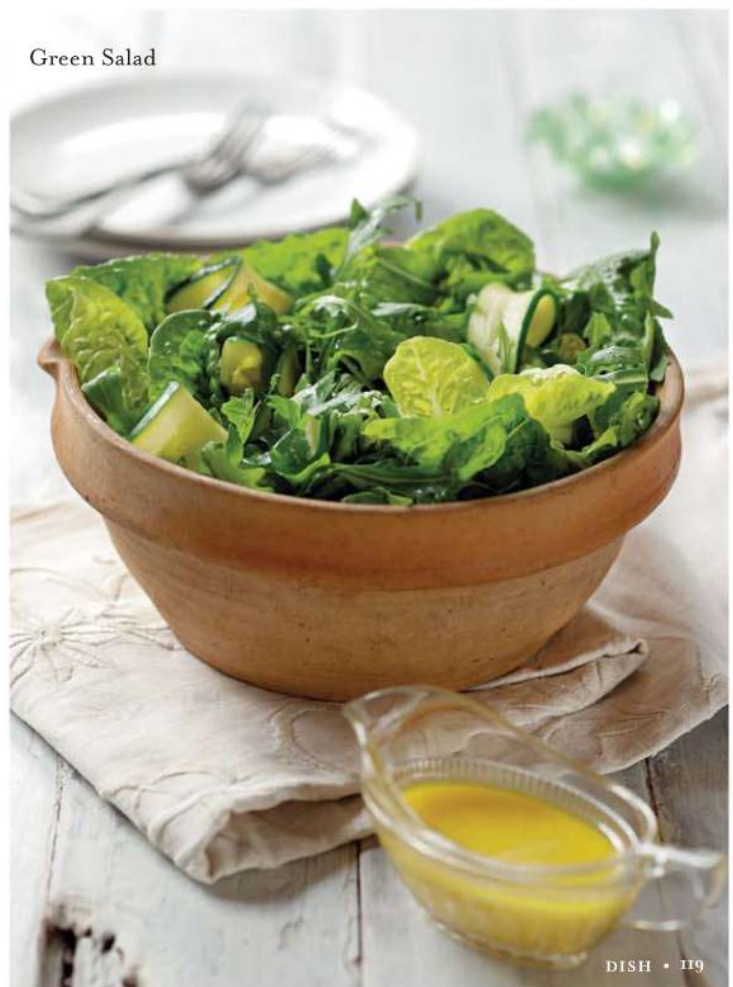
3 medium zucchini	<b>Dressing</b>
1 cos lettuce, ripped	⅓ cup olive oil
large handful rocket or baby spinach	½ cup freshly grated Parmesan cheese
½ cup picked flat-leaf parsley	finely grated zest 1 lemon
	2 tablespoons lemon juice
	1 teaspoon Dijon mustard
	1 clove garlic, crushed
	sea salt and freshly ground pepper

Use a vegetable peeler to thinly slice the zucchini into long strips. Place them in a large bowl and cover with boiling water. Leave for 2-3 minutes then drain well and dry on kitchen towels.

**Dressing:** Place all the ingredients in a food processor and blend until smooth. Season.

Combine the salad ingredients in a large bowl and toss with the dressing. *Serves 4*

## Green Salad





## Grilled Pineapple with Butterscotch Sauce

1 ripe pineapple	<b>To serve</b>
flavourless vegetable oil or melted butter	½ cup sour cream
<b>Butterscotch sauce</b>	½ cup plain yoghurt
60 grams butter	1 ½ cups coarsely crumbled crisp biscuits (I used almond biscotti)
½ cup packed brown sugar	
½ cup cream	
1 teaspoon vanilla extract	
½ teaspoon sea salt	

**Sauce:** Melt the butter in a small saucepan and stir in the brown sugar and cream. Bring to the boil, stirring to dissolve the sugar and simmer for 3 minutes. Stir in the vanilla and salt.

Peel the pineapple and cut out all the little 'eyes' in the flesh.

Slice in half then into quarters and cut out the core. Slice into 3 cm thick pieces.

Heat a ridged grill or sauté pan over a medium heat with a little vegetable oil or butter. Cook the pineapple on both sides until tender and lightly golden but not falling apart. Drain on kitchen towels.

**To serve:** Combine the sour cream and yoghurt in a bowl. Arrange the warm pineapple on plates. Top with spoonfuls of cream and drizzle with a little warm butterscotch sauce and crumbled biscuits. Serves 4-6



### Cook's Tip

If making the butterscotch sauce ahead, re-warm to serve.

### PROP CREDITS:

Tabletop – Trees Company; wire basket – Antiques & Angels; tins, cutlery, enamel pot – Coeur de la France; napkin – Victorian Gilt; chair – Romantique.

**Stir-Fried Beef and Asparagus:** tabletop – Trees Company; bowls – Japanese Lifestyle Store; glass – Romantique; napkins – Victorian Gilt.

**Spring Vegetable and Prawn Fritters:** tabletop – Trees Company; French sheet in background – Vintage Antiques; chair – Romantique; plate, cutlery and enamel canister – Coeur de la France; Nova small dip bowl – Country Road; salt dish – Antiques & Angels.

**Clay Pot Pork:** tabletop – Recycled 2 You Variety Mart; bowls and glass bottle – Republic Home.

**Spicy Lamb Sausages with Hummus:** tabletop – Recycled 2 You Variety Mart; pure white organic dish – Nest; basket and antique mortar used as bowl – Antiques & Angels; vase – Vintage Antiques; fork – Coeur de la France.

**Fettuccine with Fish, Clams and Tomatoes:** tabletop – Trees Company; serving bowl – Philippe's French Antiques; forks – Coeur de la France; bowls with handles – Macy Home.

**Grilled Chorizo and Avocado Salad:** tabletop – Recycled 2 You Variety Mart; platter (part of a set with terrine) – Philippe's French Antiques; placemat – Vintage Antiques; napkins – Victorian Gilt; knives – Antiques of Epsom; lid from vintage tin used as bread platter – Republic Home.

**Fennel, Pea and Parmesan Risotto:** tabletop – Trees Company; fork – Coeur de la France; napkin – Victorian Gilt.

**Green Salad:** tabletop – Trees Company; earthenware bowl and cutlery – Coeur de la France; napkin – Victorian Gilt; green Italian glass dish – Vintage Antiques; plates – Nest.

**Grilled Pineapple with Butterscotch Sauce:** tabletop – Recycled 2 You Variety Mart; plate, cutlery, green glass bowl – Antiques of Epsom; green wine glass – Vintage Antiques; glass jug – Antiques & Angels; napkin – Victorian Gilt.

**Backgrounds:** Tabletop – Trees Company; green napkins – Victorian Gilt; French tin and spoon – Coeur de la France; forks – Coeur de la France; salt dish – Antiques & Angels

Meat supplied by Aussie Butcher, Newmarket.

See 'Where to Buy' pg 129. All other props stylist's own.

## and to drink...

Wine writer Yvonne Lorkin suggests matches for these dishes



### Stir-Fried Beef and Asparagus

The intoxicating, seductive aromas of liquorice, cocoa, dark fruits and lifted spices in the **Black Barn Hawke's Bay Sangiovese 2007 (\$32)** had me hooked from the first whiff. Prune, peppermint and chocolate flavours work well with the ginger and oyster sauce.

To order phone 06 877 7985 or visit online at [blackbarn.com](http://blackbarn.com)

### Spring Vegetable and Prawn Fritters

Vibrant passionfruit, lime and lemon with a hint of sugar-snap pea character make the **Montana Classic Marlborough Sauvignon Blanc 2010 (\$15)** a super-sippable, spritzy Sauvignon that will perk up even the most jaded palate, and it's perfect with these spring fritters.

Widely available in supermarkets.

### Clay Pot Pork

I have cooked this dish a dozen times now and it still wows me. Lately, I've been enjoying it with a glass of **Brookfields Robertson Hawke's Bay Pinot Gris 2009 (\$19)** Its pear, quince and peachy aromas, with a burst of ripe stone fruit and hazelnut flavours makes this a lip-smacking wine match.

For stockists visit online at [brookfieldsvineyards.co.nz](http://brookfieldsvineyards.co.nz)

### Spicy Lamb Sausages with White Bean Hummus

Look no further than a juicy, fruity red for this dish and the **Peacock Sky Merlot Malbec 2009 (\$36)** is a little Waiheke Island cracker. Smoke, cedar and cherry notes on the nose lead to youthful berryfruit flavours – great as a foil for those spicy sausages.

Order online at [peacocksky.co.nz](http://peacocksky.co.nz)

### Fettuccine with Fish, Clams and Tomatoes

Normally I'd recommend Sauvignon Blanc with seafood and tomatoes, however the **Lake Chalice Eyrie Vineyard Marlborough Pinot Gris 2009 (\$20)** works beautifully. It is tangy and textural with fresh citrus and tropical notes and leaves a crisp, long finish.

Available from Glengarry – 0800 733 505 or order online at [lakechalice.co.nz](http://lakechalice.co.nz)

### Grilled Chorizo and Avocado Salad

I'm recommending a sturdy cider with this dish and the **Stowford Press Export English Cider (\$7, 500ml)** is the perfect partner. A genuine, classic English example with Braeburn apple flavours that are crisp and clean in the mouth. Tangy, textural and terrific.

For stockists contact Federal Geo on 09 578 1823

### Fennel, Pea and Parmesan Risotto

No question – the **River Farm Saint Maur Marlborough Sauvignon Blanc 2009 (\$29)** with its aromas of green nectarine, quince and sweet pea and Granny Smith apple and lime flavours is a great match here. It's very different and those who like a little less acidity in their southern Sauvignon will love it.

To order or for stockist details visit online at [riverfarmwines.co.nz](http://riverfarmwines.co.nz)

### Grilled Pineapple with Butterscotch Sauce

One of my latest discoveries is the fantastic **Ochoa Vino Dulce de Moscatel 2008 (\$34, 375ml)** – it's just amazing! It's an ultra-punchy, peachy sweetheart with juicy confectionery characters which add extra complexity to its crisp, luscious finish.

For stockists contact importer Casa Aragon on 09 522 8055 or online at [casaaragon.co.nz](http://casaaragon.co.nz)







# About as far away from the lawns as you can get.



## New Pathfinder 450T.

Mowing lawns versus family adventures? With the new Pathfinder it's no competition. Simply load up the family, hook on the boat, throw in the bikes, kayaks and tent and leave the city far behind. And with seven seats you can even take an extra friend or two.

Power is up to 140kW and torque is now 450Nm making long journeys short. Plus the improved interior styling means you won't want to get out when you get there. And if that wasn't enough, there's a host of other goodies like Bluetooth, Xenon headlights, Intelligent Key and MP3 player auxiliary input to boot. Pathfinder 1, lawns 0.

Visit [nissan.co.nz](http://nissan.co.nz) for more details.

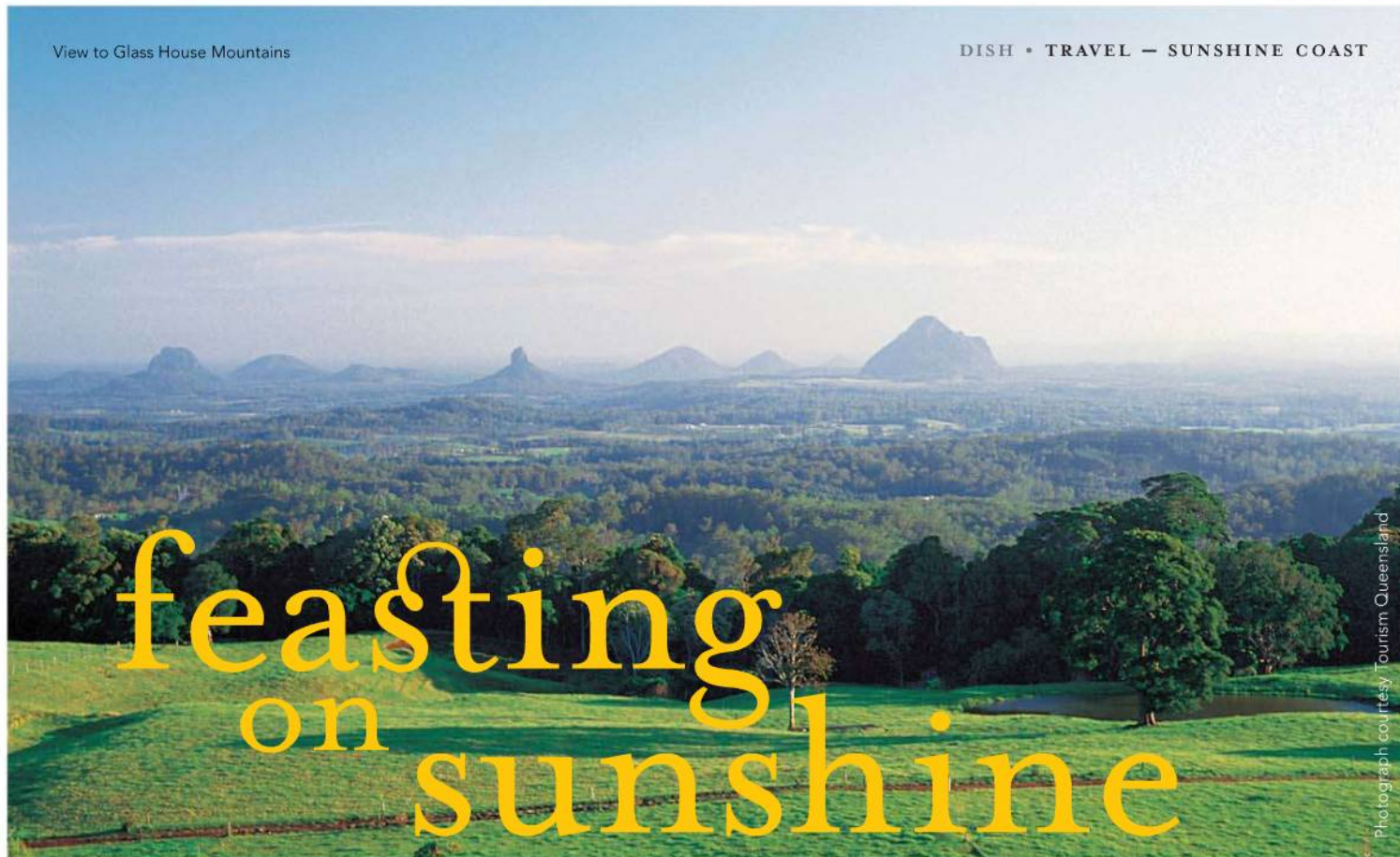
# PATHFINDER

SHIFT\_the way you move



[nissan.co.nz](http://nissan.co.nz)





## Fine dining, fabulous finds and a festival all await LISA MORTON on Queensland's Sunshine Coast...

**The GPS of the** rental car I'm driving is directing me left, yet there is a Road Closed sign ahead due to a small slip. There is a right turn up a winding hill, but no signage as to where this will take me. I stop at the intersection in confusion. With no map I am totally reliant on the GPS system to direct me to the township of Montville and my home for the night, **Spicers Clovelly Estate**. I admit defeat and ring Clovelly's. A friendly voice welcomes my call and assures me phoning was the right choice as GPS systems have directed guests down a dead-end turn off the hill road previously. Reassured – and with correct directions – I resume my journey.

Although only a 90 minute drive north of Brisbane, the Sunshine Coast Hinterland offers a complete contrast to the bustle of the city. Lush hills are a refreshing departure from the barren highway. At the top of the steep hill road I arrive at the charming tree-

lined village of Montville, where numerous cafés, antique stores and galleries make for a pleasant stop.

**Flame Hill Vineyard** is situated on the highest point of Montville, and offers a spectacular view to the coast from the restaurant deck, where you can also sit while trying a selection of tastings from the cellar door.

I relax even more on arriving at **Spicers Clovelly Estate** – a luxury lodge on 22 acres of grounds. The main house is a beautifully renovated stately farmhouse decorated in French-provincial style with a stunning view over the valley. After enjoying the delights of the gigantic spa bath in my room, I head to the bar to meet David Assef, the manager of the estate, for a drink before dinner. There is a friendly atmosphere among the guests and we soon move to the Long Apron restaurant for dinner.

Executive chef Cameron Matthews has

prepared a sumptuous degustation dinner, with David providing wine matches from the cellar. Each course is plated imaginatively – a highlight is an arrangement of seasonal root vegetables, mushrooms and venison medallions on a scorched block of wood.

After a good night's rest, breakfast is served on the garden terrace. A selection of cooked dishes, from fresh pastries to baked eggs, is presented to each table – no buffet-style bowls of packaged cereals here. I leave well rested and well fed. My only regret is not to stay longer to enjoy both the welcoming hospitality and more of Cameron's fantastic food. Other lucky guests have the opportunity to participate in the Long Apron Cooking School that Cameron hosts once a month.

The drive from Montville to Maleny boasts breathtaking scenery over the valleys towards the coast – luckily there are lookouts alongside the road to make the most of them. Another worthwhile break in the journey is at **Maleny Cheese** to try local award-winning Swiss cheeses and yoghurts created by master cheesemaker Markus Bucher.

Once in the picturesque town of Maleny, be sure to stop at **Colin James Fine Foods**. Famous locally for their award-winning gelati





Clockwise from left: Grant King and Greg Doyle cook lunch afloat during the Noosa Food and Wine Festival; Matt Moran at his cooking demonstration; Spicers Clovelly Estate; produce at the Noosa Farmers' Market; Boardwalk at Main Beach, Noosa; Cafés on Hastings St, Noosa Heads. Far right: Main Beach, Noosa.



Courtesy Tourism Queensland



Courtesy Tourism Queensland

and sorbet, as well as a fromagerie stocking over 200 cheeses – cut from the wheel on purchase – there is also a good selection of gourmet products, many of them local, and a café. Although breakfast was only a short time ago I can't resist a delicious cup of crème caramel gelati, made from local Guernsey milk.

If you're looking for a fine dining option for lunch or dinner then stop at **Reserve Restaurant** on the Landsborough-Maleny Road. Located in a 1970s reproduction colonial Queenslander, the exterior is a surprising shade of pink, but the interior and food are quintessentially modern Australian. Co-owner and sommelier, Steve Heffernan, is adept at recommending interesting wines from the extensive cellar to accompany the menu of chef and fellow owner Kieran Reekie. There is a good selection of seafood including Coffin Bay oysters served three ways or 'Baked Whole Baby Baramundi Almandine filled with Lyonnaise Potatoes'. I can't go past the 'Breaded Hervey Bay Scallops with Salsa Verde'.

After a short drive down the road, I stop off to admire the stunning views of the Glasshouse Mountains from Mountain View Road and a too brief walk into the Mary

Cairncross Scenic Reserve. I then wind my way down the hills of the Hinterland and back to the highway to head north to Noosa. En route I stop at Yandina, home to the famous **Ginger Factory**, which has a tropical garden and shop selling every possible form of ginger from cordials to candy, and a delectable selection of ice-cream flavours – with a strong ginger theme. Tours of the ginger factory are held regularly or you can visit the beehives and learn about local honey varieties.

Arriving in my final destination I find Noosa bustling with activity, ready for the annual **Noosa Food and Wine Festival**, now in its seventh year. Considered Australia's leading regional food and wine festival, there are three days over which to experience some of the best of regional food and wine.

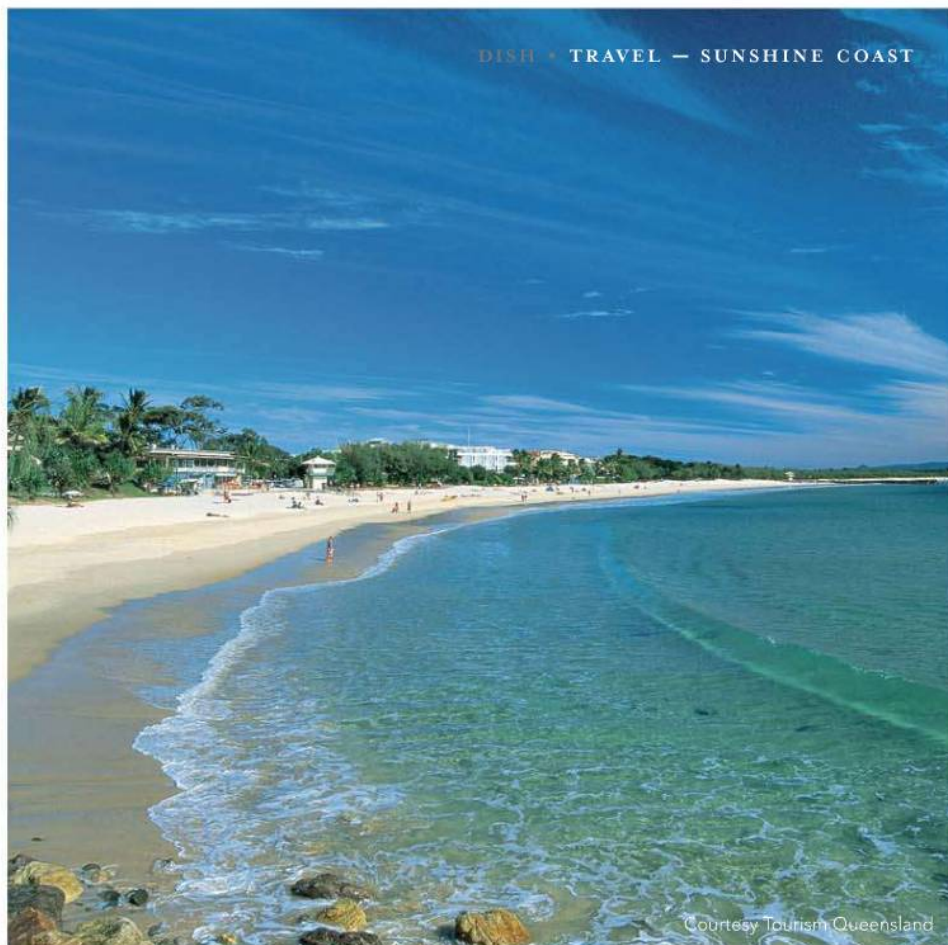
The Festival boasts a veritable who's who of Australian chefs: Andrew McConnell, Matt Moran, Neil Perry, New Zealand ex-pat Philip Johnson, Alla Wolf-Tasker and more. It is an extraordinary line-up and a great place to see the luminaries of Australian restaurant culture under one roof. The chefs hold cooking demonstrations throughout the day, and make guest chef appearances at local restaurants in the evenings.

In the main hall and the surrounding park there are stalls of fabulous local wines and food to sample – fresh chillies, olives and a mouth-watering selection of cheeses, including marinated feta and buffalo mozzarella from producers such as Barambah Organics and Vannella Cheese Factory in the Queensland Cheese Room.

It's a wonderful opportunity to learn more about local produce and I spend a leisurely afternoon on the Festival's Seafood Afloat Trail, cruising the Noosa River. We stop at the dock of Snapper Crabs Noosa and learn about local crab harvesting. Another boat pulls up alongside us and we are cooked lunch by Grant King and Greg Doyle from Pier 21 and David Pugh from Restaurant Two.

The culmination of a weekend of feasting is the Great Australian Produce Awards Degustation, hosted at **Berado's**, the restaurant and bar owned by the men behind the festival, Jim Berardo and Greg O'Brien. It is a real treat to be served a meal cooked by so many of Australia's top chefs. The highlight is from our lunch-time compatriots – Greg and Grant from Pier 21 present a beautiful dish of 'Marinated Blue Fin Tuna, Octopus, Smoked Anchovy,





Almond Vegetables, Darling Mills Farm Herbs and Flowers', stunningly presented as a delicate garden set in a glass.

The relaxed atmosphere is one of the Festival's draw cards. Visitors can spend the entire day at the Festival grounds at Lion Park or take a break and enjoy a swim or walk on the beach a few short blocks away. There are also numerous cafés and restaurants from which to choose and which will suit every mood; from enjoying a beer at the Surf Club overlooking the beach or one of the many fine dining options, such as Bistro C or Wasabi.

And at any time of day you can't go past local favourite **Massimo's**, a gelateria with a wide range of flavours, including tiramisu, pistachio, and chocolate truffle.

If you're in Noosa on a Sunday then be sure to rise early for the **Noosa Farmers' Market** at the AFL Ground on Webya Road, only a few minutes from the recently opened **Quay West Resort and Spa** where I am staying. The market boasts an excellent range of fresh local produce, much of it organic, including fresh fruit and vegetables, herbs, chillies, gourmet meats, organic poultry, preserves and jams, freshly baked

bread and fresh cut flowers. Stall holders take great pride in the presentation of their goods, with prettily arranged produce stacked up in towers of colour or artfully tied together in delicate bunches.

Many of the local producers supply restaurants not only in the region, but all over the eastern Australian states. It's an opportunity to meet many of the growers face to face and there are many fascinating products to sample.

A ten minute downpour coincides with buying a delicious pastry from the French Sin bakery, located in a stylish caravan where all of their baking is done on-site. I sip a coffee and enjoy a pain au chocolat while the sky clears and the crowd of food-lovers quickly resumes their cheerful bustling. It's a sweet end to four days of feasting along the Sunshine Coast. ☺

Lisa Morton was a guest of Tourism Queensland and Noosa Food and Wine Festival. The 2011 Festival will run May 13-15. Visit online at [noosafoodandwine.com.au](http://noosafoodandwine.com.au) and [queenslandholidays.com.au](http://queenslandholidays.com.au).

## VISIT

Berardo's – Hastings Street, Noosa Heads. [berardos.com.au](http://berardos.com.au)

Colin James Fine Foods – 37 Maple Street, Maleny. [colinjamesfinefoods.com.au](http://colinjamesfinefoods.com.au)

Flame Hill Vineyard – 249 Western Ave, Montville. [flamehill.com.au](http://flamehill.com.au)

The Ginger Factory – 50 Pioneer Road, Yandina. [thegingerfactory.com.au](http://thegingerfactory.com.au)

Noosa Farmers Market – AFL Ground, Webya Road, Noosaville. Sundays 7am-12pm.

Massimo's – 75 Hastings Street, Noosa Heads.

Maleny Cheese – Clifford Street, Maleny-Montville Road, Maleny. [malenycheese.com.au](http://malenycheese.com.au)

Reserve Restaurant – 840 Landsborough-Maleny Road, Maleny. [reserverestaurant.com.au](http://reserverestaurant.com.au)

## STAY

Spicers Clovelly Estate – 68 Balmoral Road, Montville, Sunshine Coast Hinterland. [spicersclovellyestate.com.au](http://spicersclovellyestate.com.au)

Quay West Resort and Spa – 94 Noosa Drive, Noosa Heads. [mirvachotels.com](http://mirvachotels.com)



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## Monteith's Crushed Pear Cider

Unlike Monteith's Crushed Apple Cider, Monteith's Crushed Pear Cider is made from pears. Lovely pears. Monteith's new Crushed Pear Cider is crafted straight from sun-ripened New Zealand grown pears, lovingly crushed and made into a light French-style cider by Monteith's master brewers.

So by now, you will appreciate the clear superiority of Monteith's Crushed Pear Cider, which is 100% pear: Taylors Gold, Comme Du Comice, Beurre Bosc, and Concorde to be specific. Very specific. Apples simply can't com-pear (see what we did there?).

[Monteiths.co.nz/appleVpear](http://Monteiths.co.nz/appleVpear)



# conversions & techniques

## Notes for cooks

To ensure successful results in cooking, we recommend you invest in accurate measuring tools – measuring cups and spoons and a measuring jug are essential and electronic scales are particularly useful as they weigh accurately in both imperial and metric.

Always follow one set of measures in a recipe. Do not mix them up.

### Dish uses:

Large eggs (No.7)

Level spoons and cup measurements

Liquids are always measured in a jug and dry ingredients in measuring cups.

NB: One tablespoon is 15ml  
(the Australian tablespoon is 20ml)

## Useful ingredient equivalents

### Breadcrumbs

1 cup fresh = 50 grams

1 cup dried = 115 grams

### Butter

1 (American) stick = 100 grams

1 cup = 225 grams

2 tablespoons = 30 grams

### Cheese

1 cup grated tasty = 115 grams

1 cup Parmesan = 150 grams

### Egg Whites

Large (No. 7) egg white = 30 grams

### Flour

1 level measuring cup = 150 grams

### Gelatine

3 teaspoons granulated/6 leaves (gold grade) will set 500 mls/2 cups liquid to a light jelly

1 rounded tablespoon granulated/9 leaves (gold grade) will set 500 mls/2 cups liquid to a firm jelly

Leaf gelatine comes in varying grades. It is wise to check the setting properties of the leaf gelatine you buy before use.

### Honey, Golden Syrup

1 cup = 350 grams

### Onions

1 x 115 gram onion = 1 cup chopped

### Rice

1 cup uncooked rice = 200 grams

1 cup cooked = 165 grams

### Sugar

1 cup caster and granulated = 225 grams

1 cup brown sugar = 200 grams

1 cup icing sugar = 125 grams

### Spinach

650 grams spinach leaves = ¾ cup purée

### Yeast

2 tablespoons fresh (compressed)

= 1 tablespoon dried (granulated)

## OVEN TEMPERATURES

225°Fahrenheit = 110°Celsius = cool oven

300°Fahrenheit = 150°Celsius = very low oven

350°Fahrenheit = 180°Celsius = moderate oven

400°Fahrenheit = 200°Celsius = hot oven

450°Fahrenheit = 230°Celsius = very hot oven

## VOLUME

1 level teaspoon = 5 mls

1 level tablespoon = 15 mls

1 oz/fl oz = 28.35 grams/mls

1 pound = 450 grams

1 cup liquid = 250 mls

1 pint = 600 mls

1 litre = 1000 mls

## WEIGHT

10 grams = ¼ oz

15 grams = ½ oz

25 grams = 1 oz (actual 28.35 grams)

450 grams = 1 pound

1 kilogram = 2 ¼ pounds

## LENGTH

1cm = ½ inch

2.5cm = 1 inch

12cm = 4 ½ inches

20cm = 8 inches

24cm = 9 ½ inches

30cm = 12 inches

## Food name equivalents

We all use cookbooks and magazines from around the world. These are some of the more common ingredients which have differing names.

baking paper	parchment paper/ silicone paper
beetroot	beets
cannellini beans	white kidney bean
capsicum	bell pepper/ sweet pepper
celeriac	celery root
coriander	cilantro
cream	heavy cream
eggplant	aubergine
fillet (as in meat)	tenderloin
golden syrup	dark corn syrup
hapuka	groper
icing sugar	confectioners sugar
plain flour	standard/pure flour
prawn	jumbo shrimp
rocket	rocket/arugula
scallopini	pattypan squash
spring onions	green onions
zucchini	courgettes

## Useful techniques

**Bake blind:** line a prepared pastry case with baking paper and fill with pie weights or dried beans. The beans support the pastry as it cooks. Bake in a preheated 190°C – 200°C oven for up to 20 minutes before removing the paper and weights. The shell should now have taken form. Return to the oven for the time specified in the recipe.

**Julienne:** this term refers to food, often vegetables, that are sliced into thin matchsticks. This is most easily done using a mandolin but can also be done by hand. First cut into 3mm (¼-inch) thick slices. Stack the slices and cut into 3mm (¼-inch) thick strips. Cut into desired length.

**Poach:** to cook food, completely covered in barely simmering liquid (the surface of the liquid should not break). This liquid can be water, wine, sugar syrup, rendered duck or goose fat or olive oil. Poaching meat or poultry will give moist, succulent results and is especially ideal if the meat is to be served cold. It is particularly important to have a well-flavoured poaching liquid as this method of cooking does not allow any caramelisation to occur. Poaching can take place either in the oven at a very low temperature, as in confit of duck, or on direct heat. A simmer mat is a useful tool to ensure the gentlest heat is maintained.

The poaching liquid can then be used as a base for a flavoursome soup. Stocks can be used over and over again – in fact they get better with use as the flavours are enriched further. Care must be taken though to prevent bacterial growth.

- Always use the stock for the same type of meat e.g. chicken.
- After each use, bring the stock to the boil, skim it and strain it through a fine sieve.
- Store it in a clean container with a well sealed lid.
- Cool completely before refrigerating or freezing.

Foods which can be poached include apples and pears, beef, chicken, dried fruits, duck, eggs, figs, fish, quinces, stone fruits and vegetables such as leeks, carrots and globe artichokes.

**Roast nuts:** spread the nuts out in a single layer on a shallow baking pan and place in a preheated 180°C oven. Shake the pan every few minutes until the nuts are golden. Watch carefully as the nuts can become too brown very quickly. Remove and tip into another dish to cool.

**Sterilise bottles and jars:** put jars or bottles and their lids through a hot cycle of the dishwasher. Alternatively, wash in hot soapy water and rinse well. Place them on an oven tray in a cold oven. Turn the heat to 120°C and leave for 30 minutes.

**Toast and grind spices:** heat a small dry pan over a medium heat. Add the spice and toss until fragrant and just starting to darken in colour. Be very careful not to burn as this will make them bitter. Toast one spice at a time rather than combining, as each spice will take a different time to toast. Tip out onto a plate and cool. Grind in a mortar and pestle or a small coffee grinder, reserved for the purpose.



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With thanks to Aussie Butcher Newmarket for supplying meat, Farro Fresh for supplying fresh produce and Freedom Farms for supplying free-farmed pork for Dish recipes.

**Aussie Butcher** - 09 520 4035 or 480 Broadway, Newmarket

**Farro Fresh** - 09 570 7071 or [farrofresh.co.nz](http://farrofresh.co.nz)

**Freedom Farms** - 09 366 0448 or [freedomfarms.co.nz](http://freedomfarms.co.nz)

DISH • NEXT ISSUE

## in the next issue of Dish...

We've got the festive season wrapped up with recipes for delicious canapés, gifts from your kitchen, menus for the perfect Christmas Day and luscious ideas using the new season's strawberries and cherries.

### Plus:

- summer drinks special
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